



Howard County

RECREATION & PARKS



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SPORTS, FITNESS

AND OUTDOOR ADVENTURES

SPRING/SUMMER 2012 ACTIVITY GUIDE

Plus Fall / Winter 2012-2013 Competitive Sports

Online Registration For Classes Begins February 29, 6 PM

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Howard County
RECREATION & PARKS



Howard County Recreation & Parks

Howard County Department of Recreation and Parks is pleased to provide you with this guide to programs and activities for the coming Spring and Summer.

For a complete listing of our policies and procedures, please consult the "General Information" pages, beginning on page 52-R. Please let us know if you have any questions or suggestions — we always like to hear from you.

How to Register

Howard County residents may register online beginning February 29 at 6 PM and by all other methods beginning March 1. Out-of-County residents may register online beginning March 7 at 6 PM and by all other methods beginning March 8.

On-line: www.howardcountymd.gov/rap

Phone: 410-313-7275 (8 AM-4:30 PM, M-F)

Fax: 410-313-4660

TTY: 410-313-4665 (8 AM-4:30 PM, M-F)

Mail-in: Howard County Recreation & Parks Headquarters
7120 Oakland Mills Road, Columbia, MD 21046
(Form on page 54-R.)

Walk-in: Howard County Recreation & Parks Headquarters
7120 Oakland Mills Road, Columbia (8 AM-4:30 PM, M-F)

Bain Center (410-313-7320)
5470 Ruth Keeton Way, Columbia (9:30 AM-2 PM, M-F)

Gary J. Arthur Community Center at Glenwood
2400 Rte. 97, Cooksville
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

Robinson Nature Center
6692 Cedar Lane, Columbia
(9 AM-5 PM, W-Sa; Noon-5 PM, Su)

Include payment with your registration form — a check or money order payable to the Howard County Director of Finance, or credit card information. (We accept American Express, Discover, MasterCard and VISA.) Please sign the waiver on your receipt and bring it to the first session.

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**If you would like this Guide in a larger font,
please contact Susan Potts, 410-313-4628.**

Adventure, Nature & Outdoors

Custom Adventure, Nature and Outdoor Programs

Let us work with you to design a unique adventure. Gather your scout group, school group or friends and we will do the planning and leading. Activity choices include nature-themed birthday parties, nature walks, campfires, archery, canoeing, rock climbing, kayaking, tubing, camping, biking and a mobile skate park. For more information, contact Dawn Thomas, 410-313-4623 or dthomas@howardcountymd.gov.

Archery

Parent/Child

New! Archery Together (Parent/Child)

9-12 yrs / 2 wks starting Apr 21 / \$55

You and your child can learn the basic techniques of archery together! Equipment, safety and elements of shooting will be covered by an NFAA-certified instructor. No experience necessary and all equipment supplied. Fee is for one parent and one child. Information: Matt Medicus, 410-313-4719.

RP9061.704 Rockburn Pk 1-3 PM Sa

Youth Classes

Youth Introduction to Archery Course

9-12 yrs / 3 wks starting Apr 14 / \$45

In this three-week class, students will learn basic technique and form using recurve and compound bows from an NFAA-certified instructor. Equipment, safety and elements of shooting will be covered. No experience necessary and all equipment supplied. This course is required to participate in the Howard County Recreation and Parks Youth Archery Club. Information: Matt Medicus, 410-313-4719.

RP9061.701 Rockburn Pk 10:30 AM-noon Sa

HCRP Youth Archery Club

9-12 yrs / 3 or 6 wks / Prices below

You must have attended and completed our Youth Introduction to Archery course to join the Howard County Recreation and Parks Archery Club. The club offers a unique experience with an emphasis on having fun while practicing basic archery technique and includes an archery competition on the last day. Fee includes NFAA-certified instruction, equipment and awards or certificates. Club will meet April 14, 21, 28, and May 12, 19, 26. Registered for our Introduction course in April? Sign up for 3 weeks of the club in May! Information: Matt Medicus, 410-313-4719.

Rockburn Park

6 wks starting Apr 14 / \$70

RP9061.702 8:30-10 AM Sa

3 wks starting May 12 / \$40

RP9061.703 8:30-10 AM Sa

4-S Spring/Summer 2012

New! Early Dismissal Archery
11-13 yrs / See page 6-S.

Astronomy

The Universe Through Little Eyes

3-5 yrs / 2nd and 4th Saturdays starting Mar 10 / \$3 with paid admission or RNC annual pass

From the comfort of Robinson Nature Center's NatureSphere, a digital planetarium and dome-style movie theater, your child will enjoy an out-of-this world experience. Your little one will be able to tour the night sky and then follow the journey of "The Little Star That Could" to different planets. Children must be accompanied by an adult. Registration/Information: 410-313-0400.

Robinson Nature Ctr / 11-11:30 AM / Sa

RP4802.701	Mar 10	RP4800.801	Jun 9
RP4802.702	Mar 24	RP4800.802	Jun 23
RP4802.703	Apr 14	RP4800.803	Jul 14
RP4802.704	Apr 28	RP4800.804	Jul 28
RP4802.705	May 12		
RP4802.706	May 26		

First Friday NatureSphere Nights

5 yrs + / 1st Fridays of the month starting Apr 6 / \$6

Experience the wonders of space in the comfort of the NatureSphere, a digital planetarium and dome-style movie theater. Join us as we explore our universe - from planets to constellations to black holes. All features preceded by a "What's In the Sky Tonight?" presentation. Children must be accompanied by an adult. Registration/Information: 410-313-0400.

Robinson Nature Ctr

RP4800.701	Apr 6	6:30-7:30 PM	F
RP4800.702	Apr 6	8-9 PM	F
RP4800.703	May 4	6:30-7:30 PM	F
RP4800.704	May 4	8-9 PM	F
RP4800.801	Jun 1	6:30-7:30 PM	F
RP4800.802	Jun 1	8-9 PM	F
RP4800.803	Jul 6	6:30-7:30 PM	F
RP4800.804	Jul 6	8-9 PM	F

Space - The Final Frontier

5 yrs + / 2nd and 4th Saturdays starting Mar 10 /

\$3 with paid admission or RNC annual pass

Space holds many mysteries that you can explore right here in Howard County. From the comfort of the NatureSphere, a digital planetarium and dome-style movie theater, tour our seasonal skies without the interference of light pollution, and then explore the cosmos through one of our full-dome feature films. Children must be accompanied by an adult. *Admission prices on page 8-R. Registration/Information: 410-313-0400.

Robinson Nature Ctr / 1-2 PM / Sa

RP4801.701	Mar 10	RP4801.801	Jun 9
RP4801.702	Mar 24	RP4801.802	Jun 23
RP4801.703	Apr 14	RP4801.803	Jul 14
RP4801.704	Apr 28	RP4801.804	Jul 28
RP4801.705	May 12		
RP4801.706	May 26		

To register, visit howardcountymd.gov/RAP or call 410-313-PARK (410-313-7275)

Boating Safety

New! Basic Boating Safety Course

12 yrs + / 4 classes starting, dates below / \$35

This class is required for all Marylanders born after July 1, 1972 in order to operate a registered vessel in Maryland waters. The course is taught by U. S. Coast Guard Auxiliary instructors who are also certified by Maryland Natural Resources Police. Course covers the legal requirements of boating, safety equipment requirements, boat operation, emergencies, communication and basic navigation. Participants must register prior to the date of the first class selected (under 16 must be accompanied by parent or guardian). Classes are Apr 16 & 30, May 14 & Jun 11. Registration: FSO-PE@flotilla222.org or call 410-336-7734. Information: John Galleazzi, 410-336-7734.

N Laurel Comm Ctr 6:45-8:45 PM M & W

Campfires

Aquatic Creatures Campfire

All ages / May 5 / \$10, individual; \$25, family

Gather the family around the campfire for stories, songs and s'mores. Learn about frogs, toads and other aquatic friends while on a short nature walk. Bring a flashlight and blanket. Family fee is for three or more immediate family members. Information: Matt Medicus, 410-313-4719.

Centennial Pk - Campfire Ring

RP9020.701 7:30-9 PM Sa

CSI Campfire

All ages / Apr 27 / \$10, Individual; \$25, family

Gather the family around the campfire for stories, songs and s'mores at this exciting Critter Scene Investigation Campfire. Since all the critters have woken up from a long winter's nap, we'll go on a search to find out which critters roam Rockburn Park. Bring a flashlight and blanket. Under 16 must be accompanied by participating parent or guardian. Family fee is for three or more immediate family members. Information: Matt Medicus, 410-313-4719.

Rockburn Pk North - Campfire Ring

RP9020.702 7:30-9 PM F

Camping

Camping in the Park (Parent/Child)

All ages / Jun 15-16 / \$55 + \$10 each additional family member

Give your child an introduction to the joys of camping. Go on a flashlight walk and participate in your favorite campfire activities. Bring a tent and sleeping bags; snacks and breakfast are provided. Tents are available to borrow; indicate when registering. Under 16 must be accompanied by participating parent or guardian. Information: Matt Medicus, 410-313-4719.

Rockburn Pk - Campfire Ring

RP9091.801 6 PM-10 AM F-Sa

Canoeing/Kayaking

- Earn a certificate and patch by taking a flat water paddling basics class and by paddling our series of four Maryland Waterways, at least once, within a three-year period.
- Fees are per person. Canoes are two person boats; kayaks are either single or double.
- Under 16 must be accompanied by participating parent or guardian.

Paddling Basics

Flat Water Canoe Paddling Basics

10 yrs + / Dates below / \$35

Learn flat water paddling techniques, self-rescue, safety, gear selection and how to load a canoe. Wear loose-fitting layers of warm clothing. This is an American Canoe Association certified instructional program. Detailed information will be mailed to participants. Information: Matt Medicus, 410-313-4719.

Centennial Pk South - Concession Dock

RP9120.701 Apr 14 9:30 AM-noon Sa

RP9120.702 May 12 9:30 AM-noon Sa

Flat Water Kayak Paddling Basics

10 yrs + / Dates below / \$35

Learn flat water paddling techniques, self-rescue, safety, gear selection and how to load a kayak. Participants that are 10-15 years old will be placed in a double kayak with an accompanying registered adult. Wear loose-fitting layers of warm clothing. This is an American Canoe Association certified instructional program. Detailed information will be mailed to participants. Information: Matt Medicus, 410-313-4719.

Centennial Pk South - Concession Dock

RP9125.701 Apr 14 9:30 AM-noon Sa

RP9125.702 Apr 14 1-3:30 PM Sa

RP9125.703 May 12 9:30 AM-noon Sa

RP9125.704 May 12 1-3:30 PM Sa

Float Trips

Float the Antietam

10 yrs + / May 6 / \$47, canoe or double kayak; \$68, single kayak

Nature enthusiasts and families can enjoy a day of paddling on Antietam Creek near Sharpsburg, MD. Choose a canoe, double kayak or single kayak. Beginner to intermediate paddlers welcome. All paddlers must complete our Flat Water Canoe or Kayak Paddling Basics class before the trip. Fee is per person and includes transportation, leadership and boats; bring lunch (no nut products) and beverage. Meet at Centennial Park, overflow parking area; details will be mailed. Information: Matt Medicus, 410-313-4719.

Centennial Pk South - Overflow Parking

RP9124.701 Canoe 10 yrs + 9 AM-6 PM Su

RP9124.702 Double Kayak 10 yrs + 9 AM-6 PM Su

RP9124.711 Single Kayak 16 yrs + 9 AM-6 PM Su

Float Blackwater National Wildlife Refuge

10 yrs + / Apr 22 / \$47, double kayak; \$68, single kayak

Paddle the tidal marshes of Blackwater National Wildlife Refuge on this one-day flat water trip. Enjoy the scenery of mixed evergreen and deciduous forests, which are home to the Bald Eagle and endangered Delmarva Fox Squirrel. Beginner to intermediate paddlers welcome. All paddlers must complete our Kayak Paddling Basics class before the trip. Fee is per person and includes transportation, leadership and boats; bring lunch (no nut products) and beverage. Details will be mailed. Information: Matt Medicus, 410-313-4719.

Centennial Pk South - Overflow Parking

RP9126.701	Double Kayak	10 yrs +	8 AM-6 PM	Su
RP9126.711	Single Kayak	16 yrs +	8 AM-6 PM	Su

Float the Potomac River

10 yrs + / Jun 17 / \$47, canoe or double kayak;

\$68, single kayak

Nature enthusiasts and families can discover the beauty of the scenic Potomac River (northwest of Harpers Ferry) on this one-day trip. Beginner to intermediate paddlers welcome. All paddlers must complete our Flat Water Canoe or Kayak Paddling Basics class before the trip. Fee is per person, and includes transportation, leadership and boats; bring lunch (no nut products) and beverage. Details will be mailed. Information: Matt Medicus, 410-313-4719.

Centennial Pk South - Overflow Parking

RP9123.801	Canoe	10 yrs +	9 AM-6 PM	Su
RP9123.802	Double Kayak	10 yrs +	9 AM-6 PM	Su
RP9123.803	Single Kayak	16 yrs +	9 AM-6 PM	Su

New! Float the Monocacy River

10 yrs + / May 13 / \$47, canoe or double kayak;

\$68, single kayak

Beginner to intermediate paddlers can discover the beauty of the scenic Monocacy River on this one-day trip. Paddle through history near the Monocacy National Battlefield. All paddlers must complete our Flat Water Canoe or Kayak Paddling Basics class before the trip. Fee is per person and includes transportation, leadership and boats; bring lunch (no nut products) and beverage. Details will be mailed. Information: Matt Medicus, 410-313-4719.

Centennial Pk South - Overflow Parking

RP9122.701	Canoe	10 yrs +	8 AM-6 PM	Su
RP9122.702	Double Kayak	10 yrs +	8 AM-6 PM	Su
RP9122.711	Single Kayak	16 yrs +	8 AM-6 PM	Su

Early Dismissal & School's Out Day

New! Early Dismissal Archery

11-13 yrs / Mar 30 / \$42

We'll pick you up from designated schools (listed below) for a fun afternoon of archery instruction. Parents will need to pick up their child from Rockburn Park at the end of the day. Detailed information will be mailed. No experience necessary. Fee includes transportation from school, equipment, instruction, supervision and snack. Information: Dawn Thomas, 410-313-4623.

RP9062.701	Bonnie Branch MS	11:55 AM-5 PM	F
RP9062.702	Elkridge Landing MS	11:50 AM-5 PM	F

New! School's Out:

Archery and Fishing Escape

10-12 yrs / Apr 26 / \$73

No school? Let's spend the day at the park learning new lifelong skills, while participating in fishing, archery and field games. No experience necessary. Fee includes equipment, instruction, supervision and a cookout lunch. Information: Dawn Thomas, 410-313-4623.

Centennial Pk South - Overflow Parking

RP9240.701	9 AM-5 PM	Th
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New! School's Out: Adventure Rodeo

10-12 yrs / May 18 / \$73

No school? Spend the day outdoors with us while sampling a variety of adventure activities and games. Activities include kayaking, archery, hiking, teambuilding and more. No experience necessary. Fee includes equipment, instruction, supervision and a cookout lunch. Information: Dawn Thomas, 410-313-4623.

Centennial Pk South - Pav E

RP9240.702	9AM-5 PM F
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Fishing

Tournament

Spring Fishing Tournament

2 yrs + / May 5 / Prices below

Boat or shoreline anglers can fish for prizes in this catch-and-release event. Children 13-under win prizes, trophies and receive a "goodie" bag. Adults win cash prizes and trophies. Prize categories include bass, bluegill, catfish, crappie and trout. T-shirts will be given to all preregistered participants. Bring bait and tackle. There is a two-person minimum per boat with electric motor only. Register in advance or onsite; check in at the boat dock. Information (flier, general, inclement weather on the day of the tournament): Dawn Thomas, 410-313-4623.

Centennial Pk South

RP9151.701	9 AM-noon	2-4 yrs	\$15	Sa
RP9151.711	9 AM-noon	5-13 yrs	\$19	Sa
RP9151.721	6 AM-1 PM	14 yrs +	\$25	Sa

Parent/Child Classes

Let's Go Fishing! (Parent/Child)

6-12 yrs / 2 wks starting May 7 / \$25

A fishing class for beginners; focusing on rigging a pole, casting, fish identification, knot tying and much more. No experience necessary - all equipment and bait will be provided. This class is a great way to spend quality family time together while learning a new lifelong outdoor skill. Fee is for one parent and one child. Information: Dawn Thomas, 410-313-4623.

RP9152.701	Centennial Pk South - Pav E	5:30-7 PM	M
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Youth Classes

New! Afterschool Fishing!

6-12 yrs / 4 wks starting May 2 / \$50

A fishing class for beginners; focusing on rigging a pole, casting, fish identification, knot tying and much more. No experience necessary - all equipment and bait will be provided. This class is a great way to spend quality time outdoors while learning a new lifelong outdoor skill. Information: Dawn Thomas, 410-313-4623.

RP9153.701 Centennial Pk South 5:30-7 PM W

New! School's Out: Archery and Fishing Escape

10-12 yrs / See page 6-S.

Nature Discoveries

New! Lil' Acorns Spring Fling (Parent/Child)

2-3 yrs / \$14 (includes one child and one parent/guardian)

Does your child love to explore, but isn't ready to explore without you? Hold your lil' acorn's hand in an unforgettable morning at the Robinson Nature Center. Share with your youngster the natural sounds, smells and sights of spring through song, sensory activities, a puppet show and a walk through the woods. Registration/Information: 410-313-0400.

RP4817.701 Robinson Nature Ctr Apr 14 10:30 AM-noon Sa

New! Lil' Pine Cones Spring Fling

4-5 yrs / Mar 31 / \$12. See page 27-R.

Walks

Meadowbrook at Night Nature Walks

All ages / Dates below / \$7, individual; \$20, family

It's critter time! Let us lead you on a flashlight journey on the trails in search of foxes, frogs, owls, bats and other friends that come out to play at night. Family fee is for three or more immediate family members. Information: Dawn Thomas, 410-313-4623.

Critter Crawl / Apr 28 / 8-9 PM / Sa

RP9530.701 Meadowbrook Pk-Hawksview Pavilion

Owl Prowl / May 4 / 8-9 PM / F

RP9530.702 Meadowbrook Pk-Hawksview Pavilion

Walks in the Parks – Spring/Summer Series

All ages / Dates below / Free

Recreation and Parks has teamed up with the Columbia Volksmarch Club (CVC) to offer a series of walks in Howard County Parks. Each Volksmarch event will have a 10-kilometer (6.2-mile) walking trail with a shorter 5-kilometer (3.1-mile) option. All trails will be marked and have written directions. Participants must register at the locations listed below. These are the starting points for the walk (no preregistration). Information: John Dye, 410-290-6510 or johndye@comcast.net or www.bangor59.com/CVC/.

Meadowbrook Pk Apr 28 8 AM-noon Sa

Cedar Lane Pk West Jun 16 7:30-9 AM Sa

Nightmare Graphics/Blandair Pk Jul 28 8-10 AM Sa

Centennial Pk Sep 22 8 AM-noon Sa

New! Bugs' and Bats' Night Out

7 yrs + / Jul 28 / \$8

The night is alive in the summer with the sounds of insects and the flight of bats. Come explore the forest depths and river edges in search of moths, bats and amazing insects. Let naturalists guide you under the light of the moon in this nocturnal adventure. Children must be accompanied by an adult. Registration/Information: 410-313-0400.

RP4804.801 Robinson Nature Ctr 7:45-9:15 PM Sa

New! Spring Migratory Bird Walks

8 yrs + / Dates and times below / \$6

Awaken your eyes and ears to the sounds of spring in these special, one-mile walks that will focus on the migratory birds that arrive each spring after overwintering further south. From warblers to sparrows, let Howard County Bird Club representatives teach you when they appear, how to recognize their calls, and where to look. Registration/Information: 410-313-0400.

Robinson Nature Ctr

RP4808.701 Mar 18 1-2:30 PM Su

RP4808.702 Mar 25 1-2:30 PM Su

Drop-in Activities

Discovery Days

3-7 yrs / 1st and 3rd Sat each month / Dates below

Free with paid admission or RNC annual pass

Every weekend holds a new natural discovery for your little one with the Discovery Days program. Discovery Days is a half-hour, drop-in activity (no preregistration required) that introduces your child to Maryland plants and animals through stories, puppet shows, games or craft activities. Themes and activities vary by week. Program is available on a first-come, first-served basis to the first 12 children each Saturday. Programs will be held: **Mar 3 & 17, Apr 7 & 21, May 5 & 19, Jun 2 & 16, Jul 7 & 21**. Information: 410-313-0400.

Robinson Nature Ctr 10:30-11 AM

"Zula Patrol, Down to Earth"

Full-Dome Feature

3 yrs + / 1st, 3rd & 5th Sat each mo. / 11:30 AM-noon / Dates below

\$3 with paid admission or RNC annual pass

Join in the Zula Patrol's fun-filled adventure through time to different stages of the Earth's development to capture Deliria Delight. This feature film will play in the "NatureSphere" - a digital planetarium and dome-style movie theater. No preregistration is required. Tickets are sold at the front desk. Film will be shown on the following Saturdays: **Mar 3, 17 & 31, Apr 7 & 21, May 5 & 19, Jun 2, 16 & 30, Jul 7 & 21**. Information: 410-313-0400.

Robinson Nature Ctr 11:30 AM-noon

"Black Holes" Full-Dome Feature

10 yrs + / 1st, 3rd & 5th Sat each mo. / 1:30-2 PM / Dates below

\$3 with paid admission or RNC annual pass

Witness the birth of a black hole, journey past the event horizon, experience the formation of the Milky Way and learn about the monstrous black hole that lurks at its core. This feature film will play every 1st, 3rd and 5th Saturday of the month from 1:30-2 PM in the "NatureSphere" - a digital planetarium and dome-style movie theater. No preregistration is required. Tickets are sold at the front desk. Film will be shown on the following Saturdays: **Mar 3, 17 & 31, Apr 7 & 21, May 5 & 19, Jun 2, 16 & 30, Jul 7 & 21**. Information: 410-313-0400.

Robinson Nature Ctr 1:30-2 PM

Nature (16 yrs +)

Yoga Through Nature

16 yrs + / 8 wks, start dates & prices below

Both nature and yoga have the power to restore one's sense of being and place in the world. Learn yoga postures and breathing techniques to help you de-stress while building strength and stretching stiff muscles. Deepen your connection to the beauty and strength of the natural world through guided meditations and grounding poses. Beginning and ongoing students are welcome. Yoga mats/blocks provided. Spring session runs from March 4-May 20. (No class 4/8 & 5/13.) Summer session runs from June 3-July 29. (No class 6/17.) Registration/Information: 410-313-0400.

Spring Session / 8 classes / \$120

RP4811.701 Robinson Nature Ctr Mar 18 3-4:15 PM Su

Summer Session / 8 classes / \$120

RP4811.801 Robinson Nature Ctr Jun 3 3-4:15 PM Su

New! Butterfly Garden Workshop

16 yrs + / 2 wks starting Mar 24 / \$50

Wondering how you can attract monarchs, swallowtails or checkerspots to your own backyard? If you are interested in creating a butterfly garden, this two-session workshop will help you get started. In the first session, construct butterfly puddle stones for your garden. In the second session, learn from Master Gardeners about butterfly host plant selections. All materials are provided. Registration/Information: 410-313-0400.

RP4831.701 Robinson Nature Ctr 10 AM-noon Sa

New! Wildflower ID for Nature Enthusiasts

16 yrs + / 3 sessions, dates below / \$54

Spring blooms with magnificent mayapples, beautiful bluebells and vivid violets. Young and old are sure to appreciate these attractive blooms, but if you are a nature enthusiast, you may want to know more. In this three-part series, Helen Lowe Metzman will teach the art of identifying and keying out spring wildflowers using the Newcomb's Wildflower Guide. Learn about the life history of these flowers, and watch the beauty of spring ephemerals unfold as Helen leads a class and walk each month during prime spring bloom season. Registration/Information: 410-313-0400.

Robinson Nature Ctr

RP4830.701 Mar 18, Apr 15 & May 6 1-2:30 PM Su

New! From Food Scraps to Fertilizer

16 yrs + / Apr 18 / \$6

Howard County is one of the first counties on the East Coast to pilot a food scrap pick-up program that could prevent thousands of pounds of food scraps from being wasted and sent to a landfill. Learn about the results of the pilot program, find out how to create your own compost, and pick up your free, backyard compost bin compliments of the County's Bureau of Environmental Services. Enter a drawing to win free compost goodies. Registration/Information: 410-313-0400.

RP4825.701 Robinson Nature Ctr 6:30-8 PM W

New! A Flash of Orange: Baltimore Orioles Return

16 yrs + / May 12 / \$7

If you think you knew the Orioles, think again. Though they are a team, they are also our state bird, and oriole research has incited members of the scientific community to rethink previously held assumptions on the coloration of birds. In this fascinating program, Dr. Kevin Omland will reveal findings from over twenty years of study on the oriole and will then take participants on a walk through the trails in search of these captivating flashes of orange and their nesting sites. Registration/Information: 410-313-0400.

RP4826.701 Robinson Nature Ctr May 12 9-10:30 AM Sa

New! Wildlife Photography Workshop

16 yrs + / 3 wks starting Jul 14 / \$60

If you have ever tried to capture wildlife on camera, you know that the picture often doesn't turn out the way you had planned. In this informative three-part workshop, members of the Central Maryland Photographers' Guild will share tips on how to best capture wildlife images. Learn techniques that help you to be less noticeable to wildlife and help you to compose pictures quickly. Learn where to look, and at what time of day. Each session will concentrate on techniques, give time for practice on the trail outside the Center and provide opportunity for sharing, feedback and constructive critique among class participants. Class dates: Jul 14, 21 and 28. Registration/Information: 410-313-0400.

RP4832.801 Robinson Nature Ctr 9:30-11:30 PM Sa

Trail Hikes

- Children ages 15 and under must be registered with a registered adult.
- All hikes leave from Long Gate Park & Ride.
- Participants should be in good shape, have good balance and depth perception to be able to hike two miles over rocky hills without a break and the ability to complete the distance indicated.
- Fee includes van or school bus transportation from the Park & Ride lot at the intersection of Rte. 100 and Long Gate Pkwy, Ellicott City.
- Thanks to Mary Boeckman, John Breivogel, Henry Ellis, John Singleton and Tom Watts for being volunteer leaders on our hiking trips.
- Information: Dawn Thomas 410-313-4623

Appalachian Trail (AT)

Maryland Appalachian Trail Hikes

8 yrs + / Dates below / \$17

The Appalachian Trail in Maryland follows a forty-mile route along the backbone of South Mountain and features beautiful views. While these sections feature moderate to moderately difficult terrain, they are easier (by A.T. standards) than other sections and a good place to find out if you're ready for more rugged parts of the Trail. Trip leaders will interpret points of interest and provide a glimpse of Maryland's history and folklore. Earn a certificate and patch by hiking each of the seven sections in the Maryland Appalachian Trail series at least once within a three year period.

Maryland Appalachian Trail Hike Section # 4 – Rte. 40 to Reno Monument Trail Hike

Cross the backpacker's bridge over I-70 and hike through the rolling forest to the milk-bottle-shaped George Washington National Monument. End at South Mountain, Civil War battle site. Moderate terrain: 6.5 miles.

RP9180.701 Long Gate Park & Ride May 5 8 AM-4 PM Sa

Maryland Appalachian Trail Hike Section # 5 – Gathland State Park to Reno Monument Trail Hike

Explore the state park's 50 ft-high arch monument built as a tribute to Civil War newspaper correspondents. Hike along the wooded mountain ridge, eat lunch at scenic White's Rock Overlook, pass Crampton Gap shelter and end at a granite monument dedicated to a General who perished during the Battle at South Mountain. Moderately difficult terrain: 6.5 miles.

RP9180.702 Long Gate Park & Ride May 19 8 AM-4 PM Sa

Maryland Appalachian Trail Hike Section #6 – Gathland State Park to Weverton Trail Hike

Start at a unique monument dedicated to Civil War correspondents and the site of several Union and Confederate battles. Hike through a series of high cliffs, picturesque forests, and keep an eye out for migrating hawks, deer and wild turkeys. The hawks stream in great waves, sometimes at eye-to-eye level. Named one of the most spectacular views along the entire AT, catch a glimpse of the panoramic view at Pleasant Valley overlook and enjoy lunch at the cliffs overlooking the Potomac River and the three states. Moderately difficult terrain; 7 miles.

RP9180.801 Long Gate Park & Ride Jun 2 8 AM-4 PM Sa

Maryland Appalachian Trail Hike Section # 7 – Weverton to Harper's Ferry Trail Hike

This hike is one of the most popular and rewarding hikes of the AT in the region. Hiking north to south, it is considered the hike that leads you from the Union into the Confederacy. It features a secluded forest ridge top, an invigorating landscape that allows you to look straight down into the Potomac River, and the historic Chesapeake & Ohio Towpath. Stop for lunch at Maryland Heights overlooking the confluence of the Potomac and Shenandoah rivers, and visit the site of John Brown's raid in historic Harpers Ferry. Visit the AT Headquarters (open at the end of May). Flat terrain; 5.5 miles.

RP9180.8002 Long Gate Park & Ride Jun 16 8 AM-4 PM Sa

Fitness

For Martial Arts classes, see page 30-S.

Youth (8-14 yrs)

Speed and Agility for Sports with AXIS 4 or 8 classes, start dates, ages & prices below

No matter what level athlete you are, this class will improve your speed, explosiveness, footwork and coordination. Perfect your sprinting mechanics, backpedaling and agility technique. Improve overall athleticism while you really boost your confidence. You will love this challenging and motivating class! Read concussion information on page ??? of the Spring/Summer brochure or online at www.howardcountymd.gov/ConcussionInformation.

htm. Your family's review of this information is required by law before you are allowed to register for sports programs. Information: Nicola Morgal, 410-313-4718.

Axis Sports Training Facility

8-11 yrs / 4 classes / \$96

RP8601.701 Apr 11 6-7 PM M & W

8-11 yrs / 8 classes / \$192

RP8601.702 Apr 11 6-7 PM M & W

12-14 yrs / 4 classes / \$96

RP8601.711 Apr 10 6-7 PM Tu & Th

12-14 yrs / 8 classes / \$192

RP8601.712 Apr 10 6-7 PM Tu & Th

Aerobics & Conditioning (12 yrs +)

Classes in alphabetical order.

Aero Fitness plus Toning with Janice Thornton

12 yrs + / 7 classes starting Apr 16 / \$24

Enjoy 30 minutes of high/low aerobics and 30 minutes of toning in this fun and energetic class. Bring mat and hand weights. Information: Nicola Morgal, 410-313-4718.

RP8424.701 Bonnie Branch MS 7-8 PM M

Aero Fitness with Jeanne Sealing, ACE

12 yrs + / 14 classes starting Apr 11 / \$47

Men and women at all fitness levels can benefit from this low-impact total body workout designed to improve cardiovascular fitness and tone and strengthen all major muscle groups. Bring a mat and hand weights. Instructors are nationally certified. Information: Nicola Morgal, 410-313-4718.

RP8420.701 Burleigh Manor MS 7:30-8:30 PM M & W

AeroStep with Marianne Larkin, AAI

12 yrs + / 12 or 16 classes, start dates & prices below

Get ready to sweat and burn calories while enjoying a fun and exhilarating aerobic workout on the step. Each 45-minute cardio segment is followed by strength and stretching exercises for a total body workout. The class is designed for men and women at all fitness levels. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Steps are provided. Bring a mat and hand weights. Information: Nicola Morgal, 410-313-4718.

16 classes / \$53

RP8421.701 Mount View MS Apr 10 7-8 PM Tu & Th

12 classes / \$40

RP8421.801 Mount View MS Jun 19 7-8 PM Tu & Th

AM Fitness Workout with Vickie Jacobs, AFAA, AAI

18 yrs + / 16 classes, start dates below / \$64

This fun, cardio class combines a great mix of strength, balance and flexibility using Keiser weight training equipment. Perfect for all fitness levels! Medical clearance form must be completed prior to exercising. Information/ Medical clearance form: Nicola Morgal, 410-313-4718 or 410-313-2764.

Roger Carter Rec Ctr

RP8669.701 Apr 10 8-9 AM Tu & Th

RP8669.801 Jun 19 8-9 AM Tu & Th

Aqua Aerobics with Judi Hutton

16 yrs + / 12 classes starting Jun 18 / \$50

Now, this is the way to exercise! Walk into our refreshing beach entry pool for a cool, non-impact workout. Information: Nicola Morgal, 410-313-4718.

RP8611.801 Roger Carter Rec Ctr 10:30-11:30 AM M & W

Barre Burn with Melissa Nibali

16 yrs + / 7 or 8 classes, start dates & prices below

Ballet movements combine with floor work and fitness exercises for a full workout. You'll sculpt and tone your body while gaining a dancer's sense of alignment and physical control. Finish with a cool down and stretch. Bring 4- to 5-lb weights, mats are provided, but you are encouraged to bring your own. Information: Nicola Morgal, 410-313-4718.

Kinetics Dance Theatre

7 classes / \$63

RP8282.701 Apr 16 9:30-10:30 AM M

RP8282.702 Apr 16 6:30-7:30 PM M

8 classes / \$72

RP8282.703 Apr 11 9:30-10:30 AM W

Body Conditioning

with Cyndi Kummerlowe, AFPA

12 yrs + / 16 classes starting Apr 10 / \$47

Stretch, strengthen and tone your body! This combination class includes 25 minutes of a low-impact cardio workout followed by beneficial strength training. Bring a mat and 2- to 5-lb. hand weights. Information: Nicola Morgal, 410-313-4718.

RP8220.701 Rockburn ES 7:05-8 PM Tu & Th

Body Move and Pump

with Jodie Reeves, AFPA

12 yrs + / 16 classes, start dates & prices below / \$59

Enjoy the benefits of both cardio and sculpting in this fabulous, overall body pumping workout! Enjoy boot camp, athletics, dance, Jazz, Hip Hop and more. Keep your workout fresh and fun! High and low impact will allow you to take your workout intensity up or down, it's up to you! Information: Nicola Morgal, 410-313-4718.

Gary J Arthur Comm Ctr

RP8390.701 Apr 10 7:15-8:15 PM Tu & Th

RP8390.801 Jun 19 7:15-8:15 PM Tu & Th

"Build Your Engine" Strength Training with Christy Edwards, ACE Personal Trainer

14 yrs + / 14 classes starting Apr 11 / \$45

Build your muscles that burn the fuel! When we hit our 30s, our metabolism slows down... but you can speed it back up with strength training. With resistance training, you can change your body composition, feel stronger and healthier and look great! Come to this class and challenge and strengthen every muscle group in your body to achieve balance, renewed energy, increased metabolism and an empowering feeling of confidence. Bring a mat and hand weights. Information: Nicola Morgal, 410-313-4718.

RP8506.701 Thunder Hill ES 7-8 PM M & W

Cardio Blast with Beth Harbinson

14 yrs + / 14 classes starting Apr 11 / \$54

This highly effective class includes a 25-minute cardiovascular workout and 30 minutes of muscle conditioning using weights, stretching, and Pilates core conditioning. This class provides men and women of all levels an intense, energetic workout. Bring a mat and hand weights. Information: Nicola Morgal, 410-313-4718.

RP8422.701 Veterans ES 7-8 PM M & W

Cardio-Core Fusion with Fran Iamele, ACE

12 yrs + / 16 classes starting Apr 10 / \$103

Sculpt, strengthen and stretch with this core-based total workout. This unique, high-energy program combines 30 minutes of cardio-kickboxing with 45 minutes of conditioning and Pilates. Have fun while getting fit. Bring a mat, hand weights and a stability ball. Other equipment will be provided. Information: Nicola Morgal, 410-313-4718.

RP8423.701 Thunder Hill ES 7-8:15 PM Tu & Th

Cardio Crunch Challenge

with Lori Nowicki, AAI, AFPA, ZUMBA

16 yrs + / 7, 12, 14 or 21 classes, start dates & prices below

This class has it all! With each new rotation of classes, experience something new to challenge every muscle. Classes rotate between aerobics, step, circuit, boot camp, kickboxing, athletic training, ZUMBA and intervals. Each class consists of 45 minutes of cardio mixed with strength, core, flexibility and balance training. Come and experience a high-energy class at high or low impact, take the challenge and have fun! Bring mat and hand weights. Steps and resistance bands provided. Information: Nicola Morgal, 410-313-4718.

Cedar Lane Rec Ctr

7 classes / 1 day per wk / \$35

RP8481.701 Apr 11 9:30-10:45 AM M, W or F

14 classes / 2 days per wk / \$62

RP8481.702 Apr 11 9:30-10:45 AM M, W or F

21 classes / 3 days per wk / \$93

RP8481.703 Apr 11 9:30-10:45 AM M, W & F

12 classes / 2 days per wk / \$54

RP8481.801 Jun 18 9:30-10:45 AM M & W

Cardio Fusion with Marianne Larkin, AAI

12 yrs + / 7, 12 or 14 classes, start dates & prices below

Your favorite cardio and toning formats are combined in one challenging, power-packed workout. The easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout to fit your level. Pump up your workouts and burn fat with a mix of everything from step, high/low and boot camp to core strength, balance and agility exercises inspired by yoga and Pilates. Bring a mat and hand weights. Steps and bands provided. Information: Nicola Morgal, 410-313-4718.

Gary J Arthur Comm Ctr

7 classes / 1 day per wk / \$35

RP8482.701 Apr 11 9:35-10:50 AM M or W

14 classes / 2 days per wk / \$62

RP8482.702 Apr 11 9:35-10:50 AM M & W

12 classes / 2 days per wk / \$54

RP8482.801 Jun 18 9:35-10:50 AM M & W

Cardio Kickboxing with Robin Robinson, AFAA

12 yrs + / 8 or 16 classes, start dates & prices below

Exercise has never been so much fun! Cardio Kick is a calorie burning, dance party exercise routine that combines kickboxing, aerobics and dance with great music. Come out and get in shape and have fun doing it! Information: Nicola Morgal, 410-313-4718.

8 classes / \$35 / N Laurel Comm Ctr

RP8550.701 Apr 10 6:30-7:30 PM Tu or Th

RP8550.801 Jun 19 6:30-7:30 PM Tu or Th

16 classes / \$59 / N Laurel Comm Ctr

RP8550.702 Apr 10 6:30-7:30 PM Tu & Th

RP8550.802 Jun 19 6:30-7:30 PM Tu & Th

Cardio Sculpt

12 yrs + / 14 classes, start dates below / \$51

Warm up, cool down and experience a fun, all-over body workout in this new combination class that includes a cardiovascular dance aerobic workout and toning exercises choreographed to music. This program is for everyone who wants to get in shape and have fun doing it! Please bring a mat and hand weights. Information: Nicola Morgal, 410-313-4718.

With Loretta Lambert

RP8290.701 Stevens Forest ES Apr 11 7-8 PM M & W

RP8290.801 Cedar Lane Rec Ctr Jun 18 7-8 PM M & W

Cardio X-Training

with Tammy Merritt, AAI, ISMA

12 yrs + / 16 classes starting Apr 10 / \$56

Burn maximum calories with this high energy class! The format changes every two weeks to challenge your body with kickboxing, plyometrics, interval training, toning and Pilates. This class is for all fitness levels, instructor is AAI/ISMA and personal trainer-certified. Bring a mat, hand weights and lots of energy! Information: Nicola Morgal, 410-313-4718.

RP8450.701 Folly Quarter MS 7-8 PM Tu & Th

Circuit Weight Training

with Judi Hutton, AFAA

18 yrs + / 14 classes, start dates below / \$76

A super-fun workout designed for the active adult training multiple muscle groups using our Keiser equipment. In just one hour, you'll get a thorough, total body workout, including fat-burning cardio intervals. Each class finale includes targeted, no-nonsense exercises on the floor. Totally customizable, this workout is an effective way to keep challenging yourself as you gain strength. Guaranteed to be a super-motivational experience! Information: Nicola Morgal, 410-313-4718.

Roger Carter Rec Ctr

RP8660.701 Apr 11 9:15-10:15 AM M & W

RP8660.801 Jun 18 9:15-10:15 AM M & W

Dance Fitness to the Oldies

16 yrs + / 8 classes starting Apr 13 / \$72

Work out to your favorite music of the 60s, 70s and 80s, when it was recorded on vinyl! Your favorite dance steps are combined with dance aerobics to make you feel great! Wear comfortable clothes and tennis shoes; bring a towel and water bottle. No experience required! Information: Nicola Morgal, 410-313-4718.

RP8400.701 Kinetics Dance Theatre 9:30-10:30 AM F

Get Active Package

Seasons and prices below

Looking for variety in your workout options? Enjoy swimming, running on a treadmill, shooting hoops or playing volleyball? Then the Get Active Package is for you! For one low price you will get multiple fitness options at a variety of facilities. Enjoy the open gym at the new Meadowbrook Athletic Complex and county schools, and the fitness room and swimming pool at the Roger Carter Recreation Center (outdoor pool is open Memorial Day-Labor Day). For Meadowbrook, 15 and under requires parental supervision; for Roger Carter Recreation Center (RCRC) swimming pool, 11 and under requires supervision; the RCRC fitness room is available for 18 + only. Information/Open times: Julija Sajauskas, 410-313-2765.

Spring season (Mar, Apr & May)

Adults: \$79 Youth: \$19

Summer season (Jun, Jul & Aug)

Adults: \$79 Youth: \$39

Fall season (Sep, Oct & Nov)

Adults: \$79 Youth: \$19

Winter season (Dec, Jan & Feb)

Adults: \$79 Youth: \$19

Monthly Pass (Sep-May)

Adults: \$30 Youth: \$10

Monthly Pass (Jun-Aug)

Adults: \$30 Youth: \$15

La Canne (French Cane Fighting) with Steve Savoie

11 yrs + / 8 classes starting Apr 12 / \$45

Get a great workout while learning the unique French sport of Canne De Combat (French stick fighting). Participants will focus on basic strikes, blocks, lunges and evasions while increasing flexibility, coordination and strength. A unique class. Once you try it, you'll love it! No experience required. Sticks provided. Shin guards recommended. Information: Nicola Morgal, 410-313-4718.

RP8505.701 Cedar Lane Rec Ctr 8:15-9:15 PM Th

La Canne Advanced - Competitors Training with Steve Savoie

11 yrs + / 8 classes starting Jun 22 / \$56

Prerequisite: La Canne (French Cane Fighting)

Get a great workout while practicing the unique French sport of Canne De Combat (French stick fighting). Participants will focus on advanced competitive drills techniques and tactics of the single cane (La Canne). Sticks provided. Shin guards recommended. Information: Nicola Morgal, 410-313-4718.

RP8505.801 Cedar Lane Rec Ctr 8-9:15 PM F

Personal Training

18 yrs + / All fees per person

Everyone can benefit from a personal trainer, whether you're just getting started or a serious athlete. Our personal training will provide you with an individualized exercise program tailored to meet your goals and your health and fitness needs. We offer different packages to suit your specific needs. You may wish to discuss options with us to help choose the best package for you. We offer Fitness Assessments, Express Training, Regular Training and Partner Training Packages. Training packages include three sessions. Sessions will expire if not completed within one year of purchase date. A medical clearance form must be completed prior to exercising. Information/Schedule appointment: 410-313-4840. (NFM = Non Fitness Member)

Gary J Arthur Comm Ctr

Fitness Assessment \$30 / \$45 NFM

Express Training (½ hr) \$90 / \$135 NFM

Regular Training (1 hr) \$150 / \$195 NFM

Partner Training (1 hr) \$120 / \$165 NFM

Rockin Dance Fitness & Powerful Abs with Amanda Smith

16 yrs + / 6 classes starting Jun 20 / \$65

Work out to rockin' music and have a great time! Your favorite dance steps combined with dance aerobics will make you feel great. Fifteen minutes of abdominal work follows the aerobics portion of the class. Wear comfortable clothes and tennis shoes; bring a towel and water bottle. No experience required. Information: Nicola Morgal, 410-313-4718.

RP8401.801 Kinetics Dance Theatre 6-7:15 PM W

Savate Kick-Boxing (Station Workout) with Steve Savoie

11 yrs + / 4 or 8 classes, start dates & prices below

Get a high-energy, high-impact, fun workout in the martial art and sport of Boxe Francaise Savate (French Kickboxing)! Participants will practice various offensive and defensive drills utilizing footwork, movement and a variety of kicking and/or punching combinations. Class will be conducted in a station workout theme. Various stations include heavy bag, double end bag, speed bag, focus pads, light sparring drills and plyometrics. Classes are available to participants of all levels, from beginner to existing Savate practitioners. Information: Nicola Morgal, 410-313-4718.

8 wks / \$45

RP8504.701 Cedar Lane Rec Ctr Apr 12 7-8 PM Th

4 wks / \$23

RP8504.801 Cedar Lane Rec Ctr Jun 21 7-8 PM Th

Sculpt and Tone with Lisa Noorani, AFAA, ZUMBA

12 yrs + / 7, 8, 14, or 16 classes, start dates & prices below

Strengthen and define every major muscle group in this motivating class. This is guaranteed to get your heart pumping without fancy choreography to learn. Ideal for everyone; classes include balance, flexibility and a whole body stretch. Class will change each week for a unique body challenge. Bring a mat, 2- to 5-lb. weights and a smile. Information: Nicola Morgal, 410-313-4718.

Mount View MS

7 classes / 1 day per wk / \$59

RP8435.701 Apr 16 10:30-11:30 AM M

RP8435.711 Apr 13 10:30-11:30 AM F

14 classes / 2 days per wk / \$105

RP8435.702 Apr 13 10:30-11:30 AM M & F

8 classes / 1 day per wk / \$67

RP8435.801 Jun 18 10:30-11:30 AM M

RP8435.811 Jun 22 10:30-11:30 AM F

16 classes / 2 days per wk / \$119

RP8435.802 Jun 18 10:30-11:30 AM M & F

Speed and Agility for Sports with AXIS

8-14 yrs / See page 9-S.

Step & Sculpt! With Marianne Larkin, AAAI

12 yrs + / 6 or 8 classes, start dates & prices below

Enjoy an invigorating Saturday morning wake-up call with this fun medium-to-high intensity 75-minute class that has it all. Pump up your cardiovascular fitness and challenge your brain with 45-50 minutes of turbo-charged combinations in the latest in step choreography. Knowledge of aerobic step terms is recommended. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Continue this total body workout with about 20 minutes of strength, core and ab exercises

using hand weights, medicine balls, stability balls and resistance bands (provided) and finish with an energized stretch. Information: Nicola Morgal, 410-313-4718.

8 classes / \$42 / Gary J Arthur Comm Ctr

RP8300.701 Apr 14 8:30-9:45 AM Sa

6 classes / \$32 / Gary J Arthur Comm Ctr

RP8300.801 Jun 23 8:30-9:45 AM Sa

Trim & Tighten

12 yrs + / 10, 12, 14 or 16 classes, start dates & prices below

Toning and strengthening exercises for all muscle groups are set to music. Bring a mat; 2- to 5-lb. hand weights are optional. Instructors are nationally certified. Please consult a physician before beginning an exercise program. Information: Nicola Morgal, 410-313-4718.

Jeanne Sealing ACE-Certified

14 classes / \$42

RP8210.701 Burleigh Manor MS Apr 11 6:30-7:25 PM M & W

16 classes / \$47

RP8210.711 N Laurel Comm Ctr Apr 10 8:45-9:45 AM Tu & Th

10 classes / \$30

RP8210.811 N Laurel Comm Ctr Jun 19 8:45-9:45 AM Tu & Th

RP8210.802 Cedar Lane Rec Ctr Jun 19 6:25-7:20 PM Tu & Th

Marianne Larkin AAAI-Certified

16 classes / \$47

RP8210.702 Mount View MS Apr 10 6-6:55 PM Tu & Th

12 classes / \$35

RP8210.801 Mount View MS Jun 19 6-6:55 PM Tu & Th

New! Turbo Kick with Celeste Jeudy

12 yrs + / 16 classes, start dates below / \$99

Turbo Kick is the hottest kickboxing class around that produces astounding results! This format will have you kicking, punching and grooving away hundreds of calories in an action-packed, super fun, safe and effective cardio workout. Turbo Kick includes 45 minutes of aerobics and 15 minutes of conditioning. Information: Nicola Morgal, 410-313-4718.

Misako Ballet Studio

RP8295.701 Apr 16 7:30-8:30 PM M

RP8295.801 Jun 25 7:30-8:30 PM M

RP8295.802 Jun 30 8:30-9:30 AM Sa

New! Turbo Tone with Robin Robinson, AFAA

16 yrs + / 16 classes, start dates & prices below

Accelerate your workout! Maximize your results and do it in half the time! TurboTone is a power-packed routine that will sculpt and tone your muscles. Reduce your body fat, melt inches and increase your strength. Want to keep exercising? Register for Cardio Kickboxing too which is right after this class! Information: Nicola Morgal, 410-313-4718.

N Laurel Comm Ctr

RP8551.701 Apr 10 6-6:30 PM Tu & Th \$30

RP8551.801 Jun 19 6-6:30 PM Tu & Th \$30

RP8551.702 Apr 10 6-6:30 PM Tu or Th \$18

RP8551.802 Jun 19 6-6:30 PM Tu or Th \$18

ZUMBA!

12 yrs + / 7 or 14 classes, start dates & prices below

Let's face it, working out can be healthy, rewarding and beneficial but not always be fun... until now! ZUMBA fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. All levels are welcome. Information: Nicola Morga, 410-313-4718.

7 classes / 1 day per wk / \$59 / Lisa Noorani AFAA, ZUMBA

RP8430.701 Mount View MS Apr 13 9:30-10:30 AM M or F
RP8430.801 Mount View MS Jun 18 9:30-10:30 AM M or F

14 classes / 2 days per wk / \$105 / Lisa Noorani AFAA, ZUMBA

RP8430.702 Mount View MS Apr 13 9:30-10:30 AM M & F
RP8430.802 Mount View MS Jun 18 9:30-10:30 AM M & F

14 classes / 2 days per wk / \$105 / TBA

RP8430.711 Mount View MS Apr 11 6:30-7:30 PM M & W

ZUMBA Gold! With Judi Hutton, AFAA

18 yrs + / 14 classes starting Apr 11 / \$75

ZUMBA Gold is a dance-inspired group fitness calorie burner with international rhythms designed for beginners of all ages, or active older adults. No experience necessary. Experienced "ZUMBA-hol-ics" will love the ability to join the fitness party too! Information: Nicola Morga, 410-313-4718.

RP8664.701 Roger Carter Rec Ctr 10:30-11:30 AM M & W

ZUMBA Plus: Fire and Spice!

With Liz Rolland

12 yrs + / 8 classes, start dates below / \$80

Ditch the workout and join the party! This class does it all. We will combine a Pilates warm-up with the hottest new ZUMBA Latin-style dance moves to incinerate mega-calories while trimming and tightening the core. We will then cool down with gentle yoga stretches to elongate the muscles and feel fabulous. Stability balls, light weights and stretchy bands will be added to keep the workout fresh and exciting. Bring a yoga mat and water bottle – this workout is HOT STUFF! Information: Nicola Morga, 410-313-4718.

RP8351.701 Mount View MS Apr 11 9:15-10:15 AM W
RP8351.702 Gary J Arthur Comm Ctr Apr 13 9:35-10:35 AM F
RP8351.801 Gary J Arthur Comm Ctr Jun 22 9:35-10:35 AM F

New! ZUMBA Toning with Yazmin Rivera, ZUMBA

16 yrs + / 14 classes starting Apr 11 / \$105

Adios to traditional toning! This class takes the original ZUMBA dance fitness class to the next level, utilizing an innovative muscle training protocol and the addition of ZUMBA toning sticks. Information: Nicola Morga, 410-313-4718.

RP8432.701 N Laurel Comm Ctr 7:30-8:30 PM M & W

ZUMBA! With Liz Rolland

12 yrs + / 7 or 8 classes, start dates & prices below

Ditch the workout and join the party! ZUMBA is the hottest new fitness craze for two reasons, it is fun and easy! You will have an absolute blast in one exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life! The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add a little Latin flavor and international zest into the mix and you've

got ZUMBA! Bring a towel and water bottle. Information: Nicola Morga, 410-313-4718.

Gary J Arthur Comm Ctr

7 classes / \$70

RP8350.701 Apr 16 5:45-6:45 PM M

8 classes / \$80

RP8350.702 Apr 11 7-8 PM W

RP8350.801 Jun 18 5:45-6:45 PM M

RP8350.802 Jun 20 7-8 PM W

ZUMBA with Shawna Graves

16 yrs + / 8 classes, start dates below / \$99

The Latin Cardio-Dance Fitness craze that dances to the pulsating rhythms of Reggaeton, Samba, Salsa, Afrobeat and more! Join us as we tone and burn calories at this weekly dance party! Information: Nicola Morga, 410-313-4718.

Misako Ballet Studio

RP8360.701 Apr 19 7-8 PM Th

RP8360.801 Jun 28 7-8 PM Th

N Laurel Comm Ctr

RP8360.702 Apr 21 9:30-10:30 AM Sa

RP8360.802 Jun 30 9:30-10:30 AM Sa

New! ZUMBA! With Yazmin Rivera, ZUMBA

12 yrs + / 14 classes starting Apr 11 / \$105

Come and enjoy this fabulous new ZUMBA class! ZUMBA fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. All levels are welcome. Information: Nicola Morga, 410-313-4718.

RP8430.712 N Laurel Com Ctr 6:30-7:30 PM M & W

Health & Relaxation

Hatha Yoga for Flexibility & Relaxation with Kris Copeman

16 yrs + / 6 or 10 classes start dates & prices below

Create a calm, peaceful awareness of both body and mind through the ancient art of yoga. Classical yoga postures and breathing techniques are practiced in a flowing style that integrates movement and breath. Come prepared to lengthen, strengthen and relax. Beginning and ongoing students are welcome. Yoga mats/blocks provided. Information: Nicola Morga, 410-313-4718.

Kinetics Dance Theatre

6 classes / \$54

RP8240.701 Apr 12 9:45-10:45 AM Th

RP8240.702 Apr 12 8:30-9:30 PM Th

10 classes / \$90

RP8240.801 Jun 14 8:30-9:30 PM Th

Introduction to Pilates with Christine Williams

16 yrs + / 8 classes, start dates below / \$99

Develop your mind and body uniformity while having fun. Improve posture, balance, flexibility and strength. Watch your body become toned and sleek while reducing stress, fatigue and discomfort in this mat-work exercise class. Bring a mat and wear comfortable shoes. Information: Nicola Morgal, 410-313-4718.

RP8155.702	N Laurel Comm Ctr	Apr 16	6:15-7:15 PM	M
RP8155.701	Misako Ballet Studio	Apr 21	8:30-9:30 AM	Sa

Pilates

16 yrs + / 6 classes starting Jun 19 / \$54

Improve your mental and physical well-being and reduce stress by strengthening your muscles, developing core strength and increasing your flexibility. Beginning and ongoing students are welcome. Mats are provided; please bring your own if you have one. Information: Nicola Morgal, 410-313-4718.

RP8153.801	Kinetics Dance Theatre	6-7 PM	Tu
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Power Yoga Intermediate with Kris Copeman

16 yrs + / 6 classes starting Apr 12 / \$54

This class is an energizing, athletic way of practicing yoga postures that emphasize strength, flexibility and stamina while at the same time creating the calm awareness to the mind and body. If you would like a fitness-based class designed to build upper body and core strength while increasing flexibility and reducing stress, then this Ashtanga based yoga is for you! Please note this is an intermediate class; prior yoga experience is required. Yoga mats/blocks provided. Information: Nicola Morgal, 410-313-4718.

RP8241.701	Kinetics Dance Theatre	11 AM-noon	Th
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Revive, Relax and Renew with Yoga with Mary Garratt, NETA, RYT200

16 yrs + / 6, 7 or 8 classes, start dates & prices below

Even if you can't twist into a pretzel, you can enjoy yoga. Classes are an active physical workout, as well as a relaxing, meditative work-in. Whether you are a beginner or have some yoga experience, this class is for you. Explore and expand your own strength, flexibility, balance and focus. You will leave each class feeling better than when you walked in. Information: Nicola Morgal, 410-313-4718.

7 classes / \$61

RP8252.701	Gary J Arthur Comm Ctr	Apr 16	7-8 PM	M
RP8252.711	N Laurel Comm Ctr	Apr 16	9:30-10:30 AM	M

8 classes / \$70

RP8252.702	Gary J Arthur Comm Ctr	Apr 11	5:45-6:45 PM	W
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6 classes / \$52

RP8252.801	Gary J Arthur Comm Ctr	Jun 18	7-8 PM	M
RP8252.802	Gary J Arthur Comm Ctr	Jun 20	5:45-6:45 PM	W
RP8252.803	N Laurel Comm Ctr	Jun 18	9:30-10:30 AM	M

Scoop Pilates II with Lori Nowicki, AAAI, AFPA

16 yrs + / 12 or 16 classes, start dates & prices below

Pilates is the ultimate mind-body exercise program. This class, designed for the experienced Pilates exerciser can be modified for the beginner. Exercises incorporate multiple repetitions, mixed tempos, added equipment and reformer-like movements. Strengthen your legs, arms and core; increase your flexibility; and reduce stress! Focus will be on core, balance, breathing

and alignment. Bring your own mat and ball. Information: Nicola Morgal, 410-313-4718.

Cedar Lane Rec Ctr

16 classes / \$133

RP8154.701	Apr 10	9-10 AM	Tu & Th
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12 classes / \$99

RP8154.801	Jun 19	9-10 AM	Tu & Th
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Tai chi

18 yrs + / 8 wks, start dates below / \$62

Tai Chi offers a wide variety of health benefits, including joints stability, balance and coordination. It also improves mental focus, increases energy and releases stress. Information: Pam Honaker, 410-313-1694.

Dunloggin MS

RP8850.701 (Beg)	Apr 11	7-8 PM	W
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RP8850.702 (Adv)	Apr 11	8:05-9:05 PM	W
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Murray Hill MS

RP8850.703 (Beg)	Apr 12	7-8 PM	Th
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RP8850.704 (Adv)	Apr 12	8:05-9:05 PM	Th
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Therapeutic Massage

18 yrs + / ½ hr - \$35, 45 min - \$50, 1 hr - \$60, 1½ hr - \$85,

Reflexology - \$45

Skilled gentle massage therapy can help you feel better physically, by easing pain and allowing the body to relax. Experience the benefits of Therapeutic Massage and Reflexology offered by Carol Lancaster, Certified Massage Therapist. Information/Schedule appointment: 410-313-4840.

Gary J Arthur Comm Ctr	1-9 PM	Tu
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Yoga for Healthy Weight Loss with Liz Rolland

16 yrs + / 8 classes, start dates below / \$96

Losing weight does not have to mean sacrificing! Yoga has been a proven tool in maintaining health and fitness for thousands of years. In this class, the emphasis is on creating a healthy lifestyle. You will learn yoga postures and techniques to help strengthen, tone and stretch all muscle groups; breathing techniques to energize your body and reduce stress; diet and healthy food choices based on yoga principles; and new ways to nurture your body, mind and spirit. In addition, learn ten simple strategies for boosting your metabolism twenty-four hours a day! Bring a yoga mat and a large beach towel. Information: Nicola Morgal, 410-313-4718.

RP8284.701	Mount View MS	Apr 11	10:30-11:30 AM	W
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RP8284.702	Gary J Arthur Comm Ctr	Apr 13	10:50-11:50 AM	F
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RP8284.801	Gary J Arthur Comm Ctr	Jun 22	10:50-11:50 AM	F
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Yoga Through Nature

16 yrs + / See page 8-S.

Yogalates with EC Goode

16 yrs + / 8 classes starting Apr 10 / \$72

This class will merge two disciplines, yoga and Pilates. A fusion of the ancient discipline of yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility and reduce stress. Beginning and ongoing students are welcome. Yoga mats/blocks are provided; please bring your own mat if you have one. Information: Nicola Morgal, 410-313-4718.

RP8244.701	Kinetics Dance Theatre	8:30-9:30 PM	Tu
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Adults (55 yrs +)

Be Seated with Vickie Jacobs

55 yrs + / 16 classes starting Apr 10 / \$24

Use gentle movements, while seated, to increase your range of motion and build muscle strength. Make check payable to "Howard County General Hospital," program co-sponsor, and give to instructor at first class. Registration/Information: 410-740-7601.

Roger Carter Rec Ctr 10:10-10:55 AM Tu & Th

Circuit Weight Training for Seniors with Judi Hutton, AFAA

55 yrs + / 14 classes, start dates below / \$66

Some studies indicate that weight training is essential to maintain health as people age. This class, designed for seniors, combines an aerobic workout with weight training on Keiser equipment. A medical clearance form must be completed prior to exercising. Information/Fitness Waiver: Nicola Morgal, 410-313-4718 or www.howardcountymd.gov/RAP

Roger Carter Rec Ctr

RP8667.701 Apr 11 2-3 PM M & W

RP8667.702 Apr 11 3:15-4:15 PM M & W

RP8667.801 Jun 18 2-3 PM M & W

RP8667.802 Jun 18 3:15-4:15 PM M & W

Exercise with Ease with Joyce DiTomaso

55 yrs + / 16 classes starting Apr 10 / \$40

This well-rounded hour of fitness for active seniors includes low-impact aerobics, stretching, muscle tone and strength activities aimed at improving endurance, body alignment, balance and proper breathing. Listen to upbeat music while learning simple choreographed moves. Information: Nicola Morgal, 410-313-4718.

RP8060.701 E Columbia Lib 50+ Ctr 9-10 AM Tu & Th

Fitness for Life

with Lori Nowicki, AAIA, AFPA

55 yrs + / Classes, start dates & prices below

We don't stop exercising because we get old; we get old because we stop exercising! This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training on Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching. A medical clearance form must be completed prior to exercising. Information/Fitness Waiver: Nicola Morgal, 410-313-4718 or www.howardcountymd.gov/RAP

N Laurel Comm Ctr

14 classes / 1.25 hr classes / \$82

RP8666.701 Apr 11 1-2:15 PM M & W

12 classes / 1.25 hr classes / \$71

RP8666.801 Jun 18 1-2:15 PM M & W

Roger Carter Rec Ctr

16 classes / 1 hr classes / \$76

RP8666.702 Apr 10 12:15-1:15 PM Tu & Th

12 classes / 1 hr classes / \$57

RP8666.802 Jun 19 12:15-1:15 PM Tu & Th

Gary J Arthur Comm Ctr

16 classes / 1.25 hr classes / \$94

RP8666.703 Apr 10 10:30-11:45 AM Tu & Th

12 classes / 1.25 hr classes / \$71

RP8666.803 Jun 19 10:30-11:45 AM Tu & Th

Fitness Fun

55 yrs + / 16 classes starting Apr 11 / \$32

Enjoy the music as you exercise at your own pace for fun, flexibility and fitness. Class includes stretching and low-impact exercise to build strength and improve overall health. Co-Sponsored with Howard County General Hospital. Make check payable to "Howard County General Hospital." Give it to the instructor at the first class. Registration/Information: 410-740-7601.

Kiwanis-Wallas Hall 9:30-10:30 AM M & W

Sports

A 20% administrative fee is deducted for all refund requests made 4 weeks prior to a league starting.

A 50% refund given if withdrawal is requested 2 weeks prior to league starting. No refunds will be given within 2 weeks prior to a league starting. Registration will be accepted on a first-come, first-served basis, up to the registration deadline listed in each league description below. Additional teams may be accepted at the league commissioner's discretion.

Aquatics

- *Swimming lessons emphasize skills needed to be safe in an aquatic environment. Our instructors have been trained at our facility and are knowledgeable about the programs that we teach.*
- *Group swim lessons are 2-week sessions, held Monday-Thursday. Classes canceled due to inclement weather or pool closings will be made up on the Friday(s) of the session.*
- *Be sure to register your child for the appropriate level. If space allows, a participant may be moved to a lower or more advanced level at the discretion of the swim lesson coordinator.*
- *For multiple sessions, register your child in the same course for a minimum of two sessions. Children often require more than one session to master the skills needed to proceed to the next level.*
- *Each session features a safety day that introduces safety skills required for course completion. The safety day may be held indoors on the first "inclement weather" class of a session.*
- *Parents and guardians will not be permitted to assist child during the lesson, except for the Parent/Child or Therapeutic Recreation classes. Accompanying adult for children under 13 must remain at the facility.*
- *Staff does not change diapers.*

Concussion Information

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works.

A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth.

Even what seems to be a mild blow to the head can be serious.

What are some warning signs of a concussion? — For Immediate Attention, Call 911

Signs Observed by a Parent/Guardian

- **Appears dazed or stunned**
- **Is confused about assignment or position**
- **Forgets sports plays**
- **Is unsure of game, score, or opponent**
- **Moves clumsily**
- **Answers questions slowly**
- **Loses consciousness (even briefly)**
- **Shows behavior or personality changes**
- **Can't recall events prior to hit or fall**
- **Can't recall events after hit or fall**

Signs Reported by the Athlete

- **Headache or "pressure" in the head**
- **Nausea or vomiting**
- **Balance problems or dizziness**
- **Double or blurry vision**
- **Sensitivity to light**
- **Sensitivity to noise**
- **Feeling sluggish, hazy, or groggy**
- **Concentration or memory problems**
- **Confusion**
- **Does not "feel right"**

What should you do if you think a concussion has occurred?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Keep your child out of play until medically cleared.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Inform all coaches about any recent concussions.

Coaches should know if your child has had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Help your child return to sports safely after a concussion.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to activities after a concussion may need to

- *Take rest breaks as needed,*
- *Spend fewer hours at activities and*
- *If in doubt, sit it out!*

Lessons

Youth (Ages 0-18)

Private Swim Lessons

6 mos + / Ongoing after Jun 2; call for preferred day & time / Prices below

Each 30-minute class will be customized to fit individual needs and swimming ability. Private lessons for families includes up to four people. Lessons can be scheduled on an individual basis, depending on instructor availability. Lessons will be scheduled to start no earlier than Jun 2. Read concussion information on page ??? of the Spring/Summer brochure or online at www.howardcountymd.gov/ConcussionInformation.htm. Your family's review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4020.801 Individual	\$33 per class
RP4020.802 Pair	\$43 per class
RP4020.803 Family	\$54 per class

Baby Water Play: Parent/Child Level 1

½-3 yrs / 2 wks, start dates below / \$64

Splash through the first steps in water safety and swimming with your child. Parents will learn how to work safely with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try skills. With an adult, children will explore submerging, buoyancy and entering and exiting safely. Swimming diapers and/or rubber pants must be worn. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4007.801	Jun 25	10:40-11 AM	M-Th
RP4007.802	Jun 25	5:30-5:50 PM	M-Th
RP4007.803	Jul 16	10:40-11 AM	M-Th
RP4007.804	Jul 16	5:30-5:50 PM	M-Th
RP4007.805	Jul 30	10:40-11 AM	M-Th
RP4007.806	Jul 30	5:30-5:50 PM	M-Th

Baby Water Play: Parent/Child Level 2

½-3 yrs / 2 wks, start dates below / \$64

Float through the second step in water safety and swimming with your child. Children will begin to glide on their front and back, with assistance, and change body position in the water. They continue to explore submerging and buoyancy. Emphasis will be given on adult supervision and entering and exiting safely. Swimming diapers and/or rubber pants must be worn. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4008.801	Jun 25	10-10:20 AM	M-Th
RP4008.802	Jun 25	6-6:20 PM	M-Th
RP4008.803	Jul 16	10-10:20 AM	M-Th
RP4008.804	Jul 16	6-6:20 PM	M-Th
RP4008.805	Jul 30	10-10:20 AM	M-Th
RP4008.806	Jul 30	6-6:20 PM	M-Th

Preschool Swimming: Level 1

4-5 yrs / 2 wks, start dates below / \$64

Orient your child with the water and water safety in a group setting. With instructor assistance, children are familiarized with the aquatic environment and learn basic water skills, including water entry and exit, breath control, buoyancy, treading and swimming on their front and back, with support. This class creates the foundation for safe practices around the water. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4009.801	Jun 25	9:30-9:50 AM	M-Th
RP4009.802	Jun 25	10:40-11 AM	M-Th
RP4009.803	Jun 25	5:30-5:50 PM	M-Th
RP4009.804	Jul 16	9:30-9:50 AM	M-Th
RP4009.805	Jul 16	10:40-11 AM	M-Th
RP4009.806	Jul 16	5:30-5:50 PM	M-Th
RP4009.807	Jul 30	9:30-9:50 AM	M-Th
RP4009.808	Jul 30	10:40-11 AM	M-Th
RP4009.809	Jul 30	5:30-5:50 PM	M-Th

Preschool Swimming: Level 2

4-5 yrs / 2 wks, start dates below / \$64

Building on the skills taught in level 1, children become more independent by demonstrating more advanced fundamentals of water entry and exit, breath control, buoyancy, treading and swimming on their front and back, with assistance when needed. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4010.801	Jun 25	8:40-9 AM	M-Th
RP4010.802	Jun 25	10-10:20 AM	M-Th
RP4010.803	Jun 25	6-6:20 PM	M-Th
RP4010.804	Jul 16	8:40-9 AM	M-Th
RP4010.805	Jul 16	10-10:20 AM	M-Th
RP4010.806	Jul 16	6-6:20 PM	M-Th
RP4010.807	Jul 30	8:40-9 AM	M-Th
RP4010.808	Jul 30	10-10:20 AM	M-Th
RP4010.809	Jul 30	6-6:20 PM	M-Th

Preschool Swimming: Level 3

4-5 yrs / 2 wks, start dates below / \$64

After completing level 2, children practice independent water entry and exit, breath control, buoyancy, treading and swimming on their front and back at a more proficient level. Improved coordination of combined, simultaneous and alternating arm and leg actions are emphasized. Children begin to gain propulsive skills. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4011.801	Jun 25	8-8:20 AM	M-Th
RP4011.802	Jun 25	10-10:20 AM	M-Th
RP4011.803	Jun 25	6:40-7 PM	M-Th
RP4011.804	Jul 16	8-8:20 AM	M-Th
RP4011.805	Jul 16	10-10:20 AM	M-Th
RP4011.806	Jul 16	6:40-7 PM	M-Th
RP4011.807	Jul 30	8-8:20 AM	M-Th
RP4011.808	Jul 30	10-10:20 AM	M-Th
RP4011.809	Jul 30	6:40-7 PM	M-Th

Aqua Kids: Level 1

6-10 yrs / 2 wks, start dates below / \$74

In this introduction to swimming, children will learn basic water safety and skills. Basic aquatic skills, including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on their front and back will be taught. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4012.801	Jun 25	9:20-9:50 AM	M-Th
RP4012.802	Jun 25	10-10:30 AM	M-Th
RP4012.803	Jun 25	6-6:30 PM	M-Th
RP4012.804	Jun 25	6:40-7:10 PM	M-Th
RP4012.805	Jul 16	9:20-9:50 AM	M-Th
RP4012.806	Jul 16	10-10:30 AM	M-Th
RP4012.807	Jul 16	6-6:30 PM	M-Th
RP4012.808	Jul 16	6:40-7:10 PM	M-Th
RP4012.809	Jul 30	9:20-9:50 AM	M-Th
RP4012.810	Jul 30	10-10:30 AM	M-Th
RP4012.811	Jul 30	6-6:30 PM	M-Th
RP4012.812	Jul 30	6:40-7:10 PM	M-Th

Aqua Kids: Level 2

6-10 yrs / 2 wks, start dates below / \$74

After completing level 1, children will learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on their front and back. Children will learn how to float without support and recover to a standing position. Deep water safety will be introduced. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4013.801	Jun 25	8:40-9:10 AM	M-Th
RP4013.802	Jun 25	9:20-9:50 AM	M-Th
RP4013.803	Jun 25	6:40-7:10 PM	M-Th
RP4013.804	Jun 25	7:20-7:50 PM	M-Th
RP4013.805	Jul 16	8:40-9:10 AM	M-Th
RP4013.806	Jul 16	9:20-9:50 AM	M-Th
RP4013.807	Jul 16	6:40-7:10 PM	M-Th
RP4013.808	Jul 16	7:20-7:50 PM	M-Th
RP4013.809	Jul 30	8:40-9:10 AM	M-Th
RP4013.810	Jul 30	9:20-9:50 AM	M-Th
RP4013.811	Jul 30	6:40-7:10 PM	M-Th
RP4013.812	Jul 30	7:20-7:50 PM	M-Th

Aqua Kids: Level 3

6-10 yrs / 2 wks, start dates below / \$74

After passing level 2, children will build on the skills previously learned and be introduced to scissor and dolphin kicks, survival float, front crawl and elementary backstroke. The rules for head-first entries will be presented and children will learn head-first entries from a seated position. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4014.801	Jun 25	8:40-9:10 AM	M-Th
RP4014.802	Jun 25	9:20-9:50 AM	M-Th

RP4014.803	Jun 25	6:40-7:10 PM	M-Th
RP4014.804	Jun 25	7:20-7:50 PM	M-Th
RP4014.805	Jul 16	8:40-9:10 AM	M-Th
RP4014.806	Jul 16	9:20-9:50 AM	M-Th
RP4014.807	Jul 16	6:40-7:10 PM	M-Th
RP4014.808	Jul 16	7:20-7:50 PM	M-Th
RP4014.809	Jul 30	8:40-9:10 AM	M-Th
RP4014.810	Jul 30	9:20-9:50 AM	M-Th
RP4014.811	Jul 30	6:40-7:10 PM	M-Th
RP4014.812	Jul 30	7:20-7:50 PM	M-Th

Elite Swimming: Pre-Swim Team Skills

6-18 yrs / 2 wks, start dates below / \$74

In this stroke improvement course, participants will work on the front crawl and elementary backstroke for longer distances and be introduced to sidestroke, back, breaststroke and butterfly. The basics of turning at the wall and diving will be presented. This is the perfect course for those interested in swim team! Prerequisite: Aqua Kids: Level 3. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4018.801	Jun 25	8-8:30 AM	M-Th
RP4018.802	Jun 25	8-8:30 PM	M-Th
RP4018.803	Jul 16	8-8:30 AM	M-Th
RP4018.804	Jul 16	8-8:30 PM	M-Th
RP4018.805	Jul 30	8-8:30 AM	M-Th
RP4018.806	Jul 30	8-8:30 PM	M-Th

Learn to Swim: Level 1

11-15 yrs / 2 wks, start dates below / \$74

In this introduction to swimming, participants will learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back will be taught to start developing comfort in the water. Read concussion information on page ??? Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4015.801	Jun 25	7:20-7:50 PM	M-Th
RP4015.802	Jul 16	7:20-7:50 PM	M-Th
RP4015.803	Jul 30	7:20-7:50 PM	M-Th

Learn to Swim: Level 2

11-15 / 2 wks, start dates below / \$74

After completing Level 2, participants will learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Participants will learn how to float without support and recover to a standing position. Deep-water safety will be introduced. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4016.801	Jun 25	7:20-7:50 PM	M-Th
RP4016.802	Jul 16	7:20-7:50 PM	M-Th
RP4016.803	Jul 30	7:20-7:50 PM	M-Th

Learn to Swim: Level 3

11-15 yrs / 2 wks, start dates below / \$74

After passing Level 2, participants build on the skills previously learned and then be introduced to scissor and dolphin kicks, survival float, front crawl and elementary backstroke. The rules for headfirst entries will be presented and participants will learn head first entries from a seated position. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4017.801	Jun 25	8-8:30 PM	M-Th
RP4017.802	Jul 16	8-8:30 PM	M-Th
RP4017.803	Jul 30	8-8:30 PM	M-Th

Adults (18 yrs +)

Adult Swim Lessons

18 yrs + / 2 wks, start dates below / \$74

This course is intended for adults who never learned to swim or want to build on the basic fundamentals of swimming. Entry and exit, breath control, buoyancy, treading, changing direction and swimming on their front and back will be taught. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4019.801	Jun 25	8-8:30 AM	M-Th
RP4019.802	Jun 25	8-8:30 PM	M-Th
RP4019.803	Jul 16	8-8:30 AM	M-Th
RP4019.804	Jul 16	8-8:30 PM	M-Th
RP4019.805	Jul 30	8-8:30 AM	M-Th
RP4019.806	Jul 30	8-8:30 PM	M-Th

Swim Team

Roger Carter Seals Swim Team

5-18 yrs / 9 wks starting Jun 2 / \$184

Make a splash this summer enjoying local competition while improving endurance and the four basic strokes skills. Participants must be able to swim one length of the pool using both the front crawl and backstroke. The team practices four days per week (morning or evening) and competes in Saturday morning meets in the Prince-Mont Swim League. Skill evaluations will be held on Saturday, May 19 for all new swimmers at 8:30 AM. Attendance at swim meets will be mandatory. Swimmers who do not attend meets may be removed from the team without refund. A mandatory parents meeting will be held Saturday, June 2 at 10 AM to discuss skill evaluation, group assignment, practice times, meet and general questions. Parent volunteers encouraged! Fee includes t-shirt, swim cap and special events. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP4005.801 Roger Carter Rec Ctr M-Th & Sa

45th Annual Howard County Invitational

6 yrs + / Jul 15 / \$5 per event

A day of fun and races for the whole family! Register with your team or individually. Warm-ups begin at 8 AM. Event begins at 9 AM. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

Guarding & Certifications

Water Safety Instructor Certification

16 yrs / Dates TBA / \$300

Do you have a love of water and would like to share it with others? Become a certified Water Safety Instructor and help make the water a safe place for everyone! Upon completion, participants will receive American Red Cross certificates in the Fundamentals of Instructor Training and Water Safety Instructor. Information: Susan Potts, 410-313-4628.

GuardStart

13-15 yrs / 2 wks, start dates below / \$84

Learn what it takes to be a lifeguard! In this Red Cross program, participants will learn about preventing accidents, responding to emergencies, leadership and professionalism while gaining experience in a pool setting. The June 25 session will focus on morning group swim lessons; participants will assist with the set-up and breakdown as well as assist in the actual lessons. The July 16 session will focus on pool operation during public/recreational hours, participants will learn about rotating shifts and daily duties of a lifeguard. The July 30 session will focus on evening group swim lessons; participants will assist with the set-up and breakdown as well as assist in actual lessons. Bring a swim suit and towel and be prepared to swim every day. All registrants must attend mandatory training on Sunday, June 10, from 9 AM–noon in order to participate. Register by June 1. Information: Ann Combs, 410-313-4624 or acombs@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4001.801	Jun 25	8 AM-noon	M-F
RP4001.802	Jul 16	12-4 PM	M-F
RP4001.803	Jul 30	5-9 PM	M-F

Lifeguard Training

15 yrs + / 1 wk, start dates below / \$205

Prepare to save lives and make a difference in your community! If you are at least 15 years of age and want to learn the skills necessary to prevent and respond to aquatic emergencies, this is the course for you. Participants must pass a pre-course screening by swimming 300 yards continuously as follows: 100 yards front crawl with rhythmic breathing and stabilizing kicks, 100 yards of breaststroke with a pull, breath, kick and glide sequence and 100 yards of front crawl, breaststroke or a combination of both. Participants must be able to do the following within 1 minute and 40 seconds: start in the water, swim 20 yards of front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound brick, return to surface, swim 20 yards back to the starting point with the object and exit the water without the use of the ladder or steps. LifeGuard participant manuals will be provided upon successful completion of the pre-course screening. Participants must attend every class, successfully complete required skills and pass written exams to receive the Red Cross certification for 3 years in Lifeguarding and First Aid and a 1-year certification in CPR/AED. This 31.5 hour course takes place over several days and includes classroom and in-water activities. Participants must be prepared swim at all classes. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4002.701	Apr 30	5:30-9:30 PM, M-F	9 AM-5 PM, Sa & Su
RP4002.702	May 7	5:30-9:30 PM, M-F	9 AM-5 PM, Sa & Su
RP4002.703	May 14	5:30-9:30 PM, M-F	9 AM-5 PM, Sa & Su

Lifeguard Challenge

15 yrs + / 1 day, dates below / \$104

Re-certify in just one day! This course is for those who are currently certified in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid. This is a competency test of skills with no allowances for review or practice with an instructor. Participants must provide copies of current certifications upon registration. Upon successful completion of the challenge, participants will gain 3-year certification for Lifeguarding and First Aid and 1-year certification for CPR/AED for the Professional Rescuer. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Roger Carter Rec Ctr - Pool

RP4003.701 May 22 5:30-9:30 PM Tu

RP4003.702 May 23 5:30-9:30 PM W

Archery

See Adventure, Nature & Outdoors, page 4-S.

Badminton

Youth Badminton

9-14 yrs / 8 wks starting Apr 9 / \$60

Boys and girls will learn the fun, fast-paced game of badminton. Each week, players will learn skills and game concepts through games and activities and compete in matches. The program will meet at the Meadowbrook Athletic Complex and play on six badminton courts. Racquets and shuttlecocks will be provided. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Will Dunmore, 410-313-1697.

RP6830.701 Meadowbrook Ath Comp 7-8:30 PM M

Adult Badminton

18 yrs +/- 8 wks starting Apr 9 / \$50

Join other Badminton players of all ability levels in singles and doubles matches. The program will play on 6 badminton courts. Leaders will be on-site to help assign players to matches. Players must bring their own racquets; shuttlecocks will be provided. Information: Will Dunmore, 410-313-1697

RP6830.711 Meadowbrook Ath Comp 8:30-10:30 PM M

Baseball & Tee Ball

If you are interested in coaching and would like more information, see page 21-S.

Youth (3-7 yrs)

Tiny Tykes Tee Ball

3-4 yrs / 6 wks, start dates below / \$75

Come out to the ball park! Experienced coaches will introduce throwing, catching, batting and base running skills to your "little slugger" using age appropriate activities within a nurturing environment. Read concussion information on page 16-S. Review of this information is required by law

before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Rockburn Pk Field 3

RP6053.701 (Beg) Apr 27 9:30-10:15 AM F

RP6053.702 (Beg) Apr 27 10:30-11:15 AM F

RP6053.703 (Int) Apr 27 11:30 AM-12:15 PM F

Western Regional Pk Field 3

RP6053.704 Apr 24 12:30-1:15 PM Tu

RP6053.705 Apr 24 1:30-2:15 PM Tu

Waterloo ES

RP6053.706 Apr 24 5:30-6:15 PM Tu

RP6053.707 Apr 24 6:30-7:15 PM Tu

Hollifield Station

RP6053.708 Apr 28 9-9:45 AM S

RP6053.709 Apr 28 10-10:45 AM S

Kiddie Tee Ball

4½-6½ yrs / 6 wks, start dates below / \$44

Play ball! Focus on tee ball fundamentals such as batting, base running, catching, throwing and team play. Enjoy drills and small-sided practice games. Bring a glove. Meet on the field. Parents are encouraged to participate. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6054.701 Centennial Lane ES Apr 16 4:30-5:30 PM M

RP6054.702 Triadelphia Ridge ES Apr 17 4:45-5:45 PM Tu

RP6054.703 Worthington ES Apr 18 5:10-6:10 PM W

RP6054.704 Waverly ES Apr 19 5-6 PM Th

After-School Coach-Pitch Baseball

6-7 yrs / 6 wks, start dates below / \$44

Step up to the plate! Focus on baseball fundamentals such as batting, base running and fielding. Coaches will use a variety of exercises, drills and practice games to help you improve your skills. Bring a glove. Meet outside school office; coach will escort players to field. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6057.701 Centennial Lane ES Apr 16 3:20-4:20 PM M

RP6057.702 Triadelphia Ridge ES Apr 17 3:30-4:30 PM Tu

RP6057.703 Worthington ES Apr 18 4:10-5:10 PM W

RP6057.704 Waverly ES Apr 19 3:50-4:50 PM Th

Youth Leagues (4-7 yrs)

Spring Youth Tee Ball League

Ages below / 9 wks starting wk of Apr 9 / \$82, *\$52 Head Coach's child

Boys and girls can have fun while learning basic baseball and softball skills. Teams will be formed by the Department and will practice once per week on a weeknight beginning the week of April 9. Coaches will contact participants regarding practice days/times one week prior to program start. One-hour games will be scheduled on Sundays starting April 22, between 1 PM and 7 PM. Fee includes participation award, MLB shirt and MLB hat. Volunteer coaches are needed. Individual registration only; no team entries. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Registration

deadline is March 19, 2012. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Meadowbrook Pk

RP5051.701	4 yrs	1-7 PM	Su
RP5051.702*	4 yrs	1-7 PM	Su
RP5051.711	5-6 yrs	1-7 PM	Su
RP5051.712*	5-6 yrs	1-7 PM	Su

Fall Youth Tee Ball League

Ages below / 9 wks starting Aug 27 / \$82, *\$52 Head

Coach's child

This co-ed league allows boys and girls to have fun while learning the basic fundamentals of baseball and softball. Teams will be formed by the Department and will practice once per week on a weeknight, beginning the week of August 27. Coaches will contact participants regarding practice days/times one week prior to program start. One-hour games will be scheduled on Sundays, starting September 9, between 8 am and 6 PM. Fee includes participation award, MLB shirt and cap. Volunteer coaches are needed and will receive a discount. Individual registration only; no team entries. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Registration deadline is August 13, 2011. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Meadowbrook Pk

RP5051.101	4 yrs	1-6 PM	Su
RP5051.102*	4 yrs	1-6 PM	Su
RP5051.111	5-6 yrs	1-6 PM	Su
RP5051.112*	5-6 yrs	1-6 PM	Su

Instructional Tee Ball League

4½-7 yrs / 8 wks starting Apr 21 / \$74

Play Ball! This program is for first-time or basic-skills players and includes drills, coverage of game rules and practice games. Practice for 5 weeks then play mini-games against the other site (schedule TBD). Fee includes t-shirt. Bring a glove. (No class 5/26.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6051.701	Deep Run ES / Waterloo Pk	1-2 PM	Sa
RP6051.702	Deep Run ES / Waterloo Pk	2:15-3:15 PM	Sa
RP6051.703	Hollifield Station ES	1-2 PM	Sa
RP6051.704	Hollifield Station ES	2:15-3:15 PM	Sa

Instructional Coach-Pitch League

6-7 yrs / 8 wks starting Apr 21 / \$74

Step up to the plate! This program is for intermediate players who have some knowledge of basic baseball skills. Activities include drills, coverage of game rules and practice games. Practice for 5 weeks then play mini-games against the other site (schedule TBD). Fee includes t-shirt. Bring a glove. (No class 5/26.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6052.701	Deep Run ES / Waterloo Pk	3:30-4:30 PM	Sa
RP6052.702	Hollifield Station ES	3:30-4:30 PM	Sa

Basketball

Youth Leagues (3-8 yrs)

Little Tykes Hoops

3-4 yrs / 6 wks, start dates below / \$75

Your child will enjoy learning the basic skills of dribbling, passing and shooting in a team environment. Experienced coaches use age appropriate games and activities to encourage your child's active involvement and development of social skills. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Cedar Lane Pk East Bball Courts

RP6086.701	Apr 19	9:30-10:15 AM	Th
RP6086.702	Apr 19	10:30-11:15 AM	Th

Gary J Arthur Comm Ctr

RP6086.703	Apr 19	5:30-6:15 PM	Th
RP6086.704	Apr 19	6:30-7:15 PM	Th

Meadowbrook Ath Comp

RP6086.705	Apr 27	12:30-1:15 PM	F
RP6086.706	Apr 27	1:30-2:15 PM	F

Kiddie Basketball

5-6 yrs / 6 wks, start dates below / \$44

Boys and girls learn and develop fundamental skills, including dribbling, passing, shooting, defense and overall team play, all in a fun and encouraging environment. Meet in the gym. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6080.701	Bellows Spring ES	Apr 16	5-6 PM	M
RP6080.702	Forest Ridge ES	Apr 16	5-6 PM	M
RP6080.703	Meadowbrook Ath Comp	Apr 16	5:15-6:15 PM	M
RP6080.704	N Laurel Comm Ctr	Apr 17	4:15-5:15 PM	Tu
RP6080.705	Waterloo ES	Apr 17	5-6 PM	Tu
RP6080.706	Triadelphia Ridge ES	Apr 18	4:30-5:30 PM	W
RP6080.707	Veterans ES	Apr 18	5-6 PM	W
RP6080.708	Fulton ES	Apr 19	5-6 PM	Th
RP6080.709	Ilchester ES	Apr 19	5-6 PM	Th

After-School Basketball

7-8 yrs / 6 wks, start dates below / \$44

Boys and girls wanting to learn or improve skills can focus on the fundamentals of the sport; including dribbling, passing, shooting, defense and team play. Coaches use a variety of drills, games and scrimmages to make learning fun and exciting. Meet in the gym. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6081.701	Bellows Spring ES	Apr 16	4-5 PM	M
RP6081.702	Forest Ridge ES	Apr 16	4-5 PM	M
RP6081.703	Meadowbrook Ath Comp	Apr 16	4:15-5:15 PM	M
RP6081.704	N Laurel Comm Ctr	Apr 17	3:15-4:15 PM	Tu
RP6081.705	Waterloo ES	Apr 17	4-5 PM	Tu
RP6081.706	Triadelphia Ridge ES	Apr 18	3:30-4:30 PM	W
RP6081.707	Veterans ES	Apr 18	4-5 PM	W
RP6081.708	Fulton ES	Apr 19	4-5 PM	Th
RP6081.709	Ilchester ES	Apr 19	4-5 PM	Th

Youth Leagues (5-14 yrs)

If you are interested in coaching youth basketball, contact Derek Ludlow at 410-313-4716. Children of volunteer head coaches receive a discount.

Fall Youth Basketball League

Ages below / 9 wks starting Sep 12 / \$82; *\$52 Head Coach's child

This co-ed league allows boys and girls to have fun playing basketball while learning the fundamentals of this exciting sport. Teams will be formed by the Department and will practice on weeknights beginning the week of September 12. One-hour games will be scheduled on Saturdays, between 9 AM and noon, starting September 15. Players will receive a participation award and a basketball jersey. Coaches will contact participants regarding practice days/times one week prior to program start. Volunteer head coaches are needed and receive a discount. Individual registrations only; no team entries. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

Meadowbrook Ath Comp

RP5600.101	5-6 yrs	9 AM-noon	Sa
RP5600.111*	5-6 yrs	9 AM-noon	Sa
RP5600.102	7-8 yrs	9 AM-noon	Sa
RP5600.112*	7-8 yrs	9 AM-noon	Sa

Instructional Basketball League

Ages below / 8 wks starting Apr 21 / \$74

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through drills and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Register by location. Meet in the gym. (No class 5/26.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

6-7 yrs Beginners

RP6082.701	Dayton Oaks ES	9-10 AM	Sa
RP6082.702	Elkridge ES	9-10 AM	Sa
RP6082.703	Forest Ridge ES	9-10 AM	Sa
RP6082.704	Waverly ES	9-10 AM	Sa

7 yrs Advanced - 9½ yrs Beginners

RP6083.701	Dayton Oaks ES	10:15-11:15 AM	Sa
RP6083.702	Elkridge ES	10:15-11:15 AM	Sa
RP6083.703	Forest Ridge ES	10:15-11:15 AM	Sa
RP6083.704	Waverly ES	10:15-11:15 AM	Sa

8½ yrs Advanced - 10 yrs

RP6084.701	Dayton Oaks ES	11:30 AM-12:30 PM	Sa
RP6084.702	Elkridge ES	11:30 AM-12:30 PM	Sa
RP6084.703	Forest Ridge ES	11:30 AM-12:30 PM	Sa
RP6084.704	Waverly ES	11:30 AM-12:30 PM	Sa

Meadowbrook Basketball League (MBL) Spring Registration

Ages & prices below / 9 wks starting Apr 13

An "athletes first, winning second" basketball league for boys and girls ages 9-14. Basketball in the Meadowbrook Basketball League (MBL) provides a "Good Sports" atmosphere, bringing together families and aspiring basketball players weekly in an effort to learn and practice the fundamentals of the game. Our ASEP-certified Parent Coaches provide a quality recreation environment for our players, parents, coaches and spectators. The spring league will consist of two weeks of practice followed by six league games and a single elimination playoff. Weekly practices held Tuesdays or Wednesdays will build the skills base for your son or daughter to grow in the sport of basketball. Practices are 1 hour, between 6-9 PM. Games will be played on Friday nights. Games are 1 hour, between 6-10 PM. Specific details on 1-hour game/practice times will be communicated after registration. Players will be placed on teams after a skills assessment (Friday, April 13, time TBA) and play a single game per week while practicing one weeknight in addition to league games. The MBL is for novice to experienced players who wish to learn while playing. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Derek Ludlow, 410-313-4716 or dludlow@howardcountymd.gov.

Meadowbrook Athletic Comp

Boys / 9-14 yrs / \$110; *\$65 Head Coach's Child

RP6184.701	9-10
RP6184.702	9-10*
RP6184.711	11-12
RP6184.712	11-12*
RP6184.721	13-14
RP6184.722	13-14*
RP6184.731	(Team Registration) \$550 per team of 10

Girls / 9-14 yrs / \$110; *\$65 Head Coach's Child

RP6185.701	9-10
RP6185.702	9-10*
RP6185.711	11-12
RP6185.712	11-12*
RP6185.721	13-14
RP6185.722	13-14*
RP6185.731	(Team Registration) \$550 per team of 10

Adults (18 yrs +)

Drop-In Co-Rec Basketball

Ages below / 5 wks, start dates below / \$24

Join athletes of all ability levels for these basketball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff helps form balanced teams. Driver's license required for admission. Choose the "Get Active Package" (see page 11-S) to save money and participate in additional athletic opportunities. Note: Programs at some locations may be canceled by the third meeting due to insufficient registration or attendance. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

18 yrs +

RP6900.701	Rockburn ES	Apr 16	8-10 PM	M
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30 yrs +

RP6900.711	Bonnie Branch MS	Apr 16	8-10 PM	M
RP6900.712	Bonnie Branch MS	Apr 12	8-10 PM	Th

RP6900.713	Reservoir HS	Apr 10	8-10 PM	Tu
RP6900.714	Reservoir HS	Apr 12	8-10 PM	Th
RP6900.715	Lisbon ES	Apr 10	8-10 PM	Tu
RP6900.716	Reservoir HS	Apr 15	9-11 AM	Su

Men's Spring Basketball Leagues

Ages below / 6 wks, start dates below / \$475 per team

Pull down some boards, tickle the twines or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental and administration. Games will be played at County schools, the Meadowbrook Athletic Complex and the North Laurel Community Center. Register by March 23. Information: Mark Pendleton 410-313-4703 or mpendleton@howardcountymd.gov.

18 yrs +

RP5080.701	Apr 10	8 PM	Tu
RP5080.703	Apr 11	8 PM	W
RP5080.704	Apr 12	8 PM	Th

30 yrs +

RP5080.702	Apr 10	8PM	Tu
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Women's Spring Basketball League

18 yrs + / 6 wks starting Apr 12 / \$475 per team

Read above's description.

RP5080.705	8 PM	Th
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Men's Summer Basketball Leagues

Ages below / 8 wks, start dates below / \$600 per team

Pull down some boards, tickle the twines or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental and administration. Games will be played at the Meadowbrook Athletic Complex and the North Laurel Community Center. Register by May 18. Register by May 4 to receive a 5% discount. Information: Mark Pendleton 410-313-4703 or mpendleton@howardcountymd.gov.

Ages 18 +

RP5080.801	Jun 12	8 PM	Tu
RP5080.803	Jun 13	8 PM	W
RP5080.804	Jun 14	8 PM	Th

Ages 30 +

RP5080.802 (30 + division)	Jun 12	8 PM	Tu
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Cheer

For information on Fall programs, call 410-313-4711.



Coaching Instruction

Coaching Youth Sports

16 yrs + / Dates below / 3 hrs / \$27

Don't miss this opportunity to become a more effective coach. This clinic includes discussion of and exercises on coaching outlook, sending positive consistent messages, teaching sport skills, planning practices, managing risk and creating a safe environment. Complete the one night course and pass a written exam to receive an American Sport Education Program (ASEP) coaching certificate. Youth sports associations nationwide endorse ASEP. Fee includes one sport-specific book on baseball, basketball, football, gymnastics, hockey, lacrosse, soccer, softball, swimming, tennis, volleyball or wrestling; indicate choice when registering. Information: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

Rec & Parks HQ

RP6990.605	Mar 29	7-10 PM	Th
RP6990.701	Apr 11	7-10 PM	W
RP6990.702	Apr 18	7-10 PM	W
RP6990.703	May 7	7-10 PM	M
RP6990.704	May 30	7-10 PM	W
RP6990.805	Jun 12	7-10 PM	Tu

Conditioning

See Fitness, page 9-S.

Cricket

Adult Cricket League

18 yrs + / 10 wks starting Apr 15 / \$255 per team

Cricket enthusiasts looking for a competitive, recreational league in the Howard County area, look no further! New in 2012, Recreation & Parks will host the Department's first organized adult cricket league. Team registration only. Two divisions of 8 teams (16 total) will compete in a 7-week regular season and a single-elimination tournament to determine the league champion. Games will be played at Meadowbrook Park and additional Howard County school sites on Sundays, 7 AM-3 PM. Games are limited to three hours in length, and additional league rules TBA to registered teams. Maximum roster is 20 players per team; games are played with 11 players per team. Each team is responsible for all field and game equipment, including heavier/modified "tennis ball" manufactured for modified cricket use. The new cricket league will form a volunteer advisory board of players/managers to help in the creation of league rules and establish umpiring responsibilities. Individuals interested in joining the advisory board, please see contact below. Fee includes seven-game schedule, playoffs, awards, field rental and administration. Information: Derek Ludlow, 410-313-4716 or dludlow@howardcountymd.gov.

RP5975.701	County Parks	7 AM-3 PM	Su
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Dance

See other side of Guide, where activities are listed by age.

Dodgeball

After School Crazy Ball

8-10 yrs / 6 wks, start dates below / \$40

Ready, set, CRAZY BALL! This is an exciting way for children of all ability levels to stay active, be a part of a team and most of all have FUN! In each class, children will learn and play different variations of dodgeball. Worried about your child's safety? We use foam balls (gator skin) which are designed for accuracy and minimize the risk of injury. Meet coaches in the gym. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6200.701	Rockburn ES	Apr 17	4-5 PM	Tu
RP6200.702	Clarksville ES	Apr 18	4-5 PM	W

Fencing

See more Martial Arts, page 30-S.

Fencing

7-14 yrs / 8 wks, start dates below / \$83

En garde! Experience the thrill of competitive fencing – a unique combination of quick thinking and elegant athletic movements. Beginning and intermediate girls and boys can learn the footwork, sword skills, rules and code of conduct necessary for a successful fencing bout. Fee includes use of equipment shared by all classes. Children who have fencing experience or have taken numerous fencing classes with Recreation & Parks should register in the intermediate section. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Beginner

RP8830.701	Schooley Mill Pk	Apr 17	6-7:15 PM	Tu
RP8830.702	Schooley Mill Pk	Apr 18	6-7:15 PM	W

Fencing with the Baltimore Fencing Center

8-12 yrs / 10 wks starting Apr 10 / \$104

Have you ever dreamed of clashing swords like the Pirates of the Caribbean? Or wished you could be a steel-wielding musketeer? Work with the highly experienced instructors from Baltimore Fencing Center to try your hand at the exciting sport of fencing. Instructors will use both traditional drilling techniques and games to help students learn basic footwork, bladework, and bout practices. The course will finish with an in-class tournament. Everyone is encouraged to join! Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

RP8840.701	Baltimore Fencing Ctr in Columbia	5-6:15 PM	Tu
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Field Hockey

Youth (6-14 yrs)

Spring Instructional Field Hockey

Ages below / 6 wks starting Apr 12 / \$87

This instructional program utilizes varsity level coaches from local high schools in a format that blends short-sided game playing with learning the skills and strategies of this fast moving sport. Program is perfect for

both advanced beginner and prospective players. Our synthetic field turf provides an optimal playing and learning surface. Fee includes t-shirt, supplies and administration. Bring reusable water bottle. Mouth guard, stick and shin guards are required. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Cedar Lane Pk West

RP5260.701	10½ -14 yrs	5:30-7 PM	Th
RP5266.701	6-10 yrs	5:30-7 PM	Th

Summer Instructional Field Hockey

Grades 5-10 / 6 wks starting Jun 12 / \$87

Players with limited experience can combine instruction with mini-games to have fun while learning this fast-moving sport. Program will consist of fundamental instruction through drills and skill work. Players will be able to use the skills learned in intra-squad scrimmages. Players will be divided according to age and skill level. Bring a reusable water bottle; mouth guard, stick and shin guards required. Fee includes t-shirt, supplies and administration. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP6261.801	Dayton Oaks Elem	5:30-6:45 PM	Tu
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Leagues (6-18 yrs)

Warhawks Field Hockey League

Grades & prices below / 12 wks, starting Aug 13

Learn the skills and strategies of a fast-moving sport. Perfect for beginner and advanced players, this league offers outstanding instruction, positive encouragement, and an emphasis on teamwork and physical conditioning. Practice location: Western Howard County (two nights per week). Players registered for grade 7-8 may try out for Elite Team. Extra fee involved. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Jean Shea, 410-313-4626.

Purchase new uniform / \$160

RP5960.101	Grade 1-2	10-2 PM	Sa
RP5960.111	Grade 3-4	12-6 PM	Su
RP5960.121	Grade 5-6	12-6 PM	Su
RP5960.131	Grade 7-8	12-6 PM	Su

With uniform from last season / \$120

RP5960.141	Grade 3-4	12-6 PM	Su
RP5960.151	Grade 5-6	12-6 PM	Su
RP5960.161	Grade 7-8	12-6 PM	Su

High School Summer Field Hockey League

14-18 yrs / 8 wks starting May 7 / \$800 per team

This competitive field hockey league is open to current high school players in 9th-12th grade. Teams will compete in full field, 11-on-11 league play. All teams must play with a goalie, and goalies must provide their own equipment. Registration is by teams only and includes team shirt and paid officials for all games. Games will be played on Monday, Wednesday and/or Friday evenings, 6-10 PM. Fridays may be used for make-up games. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Registration deadline is April 18. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP5262.801	County Parks	6-10 PM	M & W
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Floor Hockey

Youth (5-10 yrs)

Kiddie Floor Hockey

5-7 yrs / 6 wks, start dates below / \$44

Join in the fast-paced fun! This class is designed for first-time or beginner level players, and involves no checking. Boys and girls will learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in the gym. Shin guards are recommended. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6265.701 Meadowbrook Ath Comp Apr 17 5:15-6:15 PM Tu

After School Floor Hockey

8-10 yrs / 6 wks, start dates below / \$44

Join in the fast-paced fun! This class is designed for beginner level players, and involves no checking. Boys and girls will learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in the gym. Shin guards are recommended. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6263.701 Meadowbrook Ath Comp Apr 17 4:15-5:15 PM Tu

Adults (18 yrs +)

Adult Co-Rec Floor Hockey League

18 yrs + / 6 wks starting Apr 11 / \$450 per team

Change on the fly, crash the net and light the lamp. Whether you play between the pipes or are a master of the top shelf, this league is for you! Fee includes six-game schedule, playoffs, awards, facility rental, referees, equipment and administration. All teams qualify for the playoffs. Registration: 410-313-7275. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP5401.701 Meadowbrook Ath Comp 9-11 PM W

Football

Youth

Kiddie Flag Football

6-7 yrs / 6 wks, start dates below / \$44

Boys and girls will learn and develop fundamental skills including passing, catching, running routes and team play, all in a fun and encouraging environment. Meet on the field. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6030.701	Hollifield Station ES	Apr 16	4:30-5:30 PM	M
RP6030.702	Jeffers Hill ES	Apr 17	4:45-5:45 PM	Tu
RP6030.703	Swansfield ES	Apr 18	4:30-5:30 PM	W
RP6030.704	Dayton Oaks ES	Apr 19	4:45-5:45 PM	Th



After-School Flag Football

8-10 yrs / 6 wks, start dates below / \$44

Boys and girls wanting to learn or improve skills can focus on the fundamentals of passing, catching, running routes and team play, all in a fun and exciting environment. Players will apply their skills during scrimmages. Meet outside school office; coach will escort players to field. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6031.701	Hollifield Station ES	Apr 16	3:20-4:20 PM	M
RP6031.702	Jeffers Hill ES	Apr 17	3:35-4:35 PM	Tu
RP6031.703	Swansfield ES	Apr 18	3:20-4:20 PM	W
RP6031.704	Dayton Oaks ES	Apr 19	3:35-4:35 PM	Th

Leagues (5-17 yrs)

Flag Football Spring League

5-14 yrs / 9 wks starting Mar 27 / \$90; *Head Coach's Child \$65**

Boys and girls can play flag football while working on basic skills. Fifty-minute games are 5-on-5 and non-contact. All games are Saturdays, at Hollifield E.S. in Ellicott City beginning April 14. Practices are 1 hour, once a week on a week-night, beginning at least one week before games begin. Practice locations are in different areas of Howard County and are determined by team placement not geographical location. Teams are formed by the Department. **Age determination date is Sep 1, 2012. Ages 9-14 are a team draft. Special requests may not be honored. Fee includes team shirt and participation award. Volunteer coaches are needed and receive a discount. Coach's children are guaranteed a spot on his/her team. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Registration deadline is March 12, 2012. Information: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

5-6 yrs

RP6300.701	Ellicott City/Columbia	9-11 AM	Sa
RP6300.702*	Ellicott City/Columbia	9-11 AM	Sa

7-8 yrs

RP6300.711	Ellicott City/Columbia	10 AM-1 PM	Sa
RP6300.712*	Ellicott City/Columbia	10 AM-1 PM	Sa

9-11 yrs

RP6300.721	Ellicott City/Columbia	11 AM-4 PM	Sa
RP6300.722*	Ellicott City/Columbia	11 AM-4 PM	Sa

12-14 yrs

RP6300.731	Ellicott City/Columbia	9-11 AM	Sa
RP6300.732*	Ellicott City/Columbia	9-11 AM	Sa

Flag Football Fall League

5-14 yrs / 9 wks starting Aug 27 / \$90; *Head Coach's Child \$65**

Please read previous description. **Age determination date Sep 1, 2012. Ages 9-14 are a team draft. Special requests may not be honored. Registration deadline is August 13, 2012. Games start September 8.

5-6 yrs

RP6300.101	Ellicott City/Columbia	9-11 AM	Sa
RP6300.102*	Ellicott City/Columbia	9-11 AM	Sa

7-8 yrs

RP6300.111	Ellicott City/Columbia	10 AM-1 PM	Sa
RP6300.112*	Ellicott City/Columbia	10 AM-1 PM	Sa

9-11 yrs

RP6300.121	Ellicott City/Columbia	11 AM-4 PM	Sa
RP6300.122*	Ellicott City/Columbia	11 AM-4 PM	Sa

12-14 yrs

RP6300.131	Ellicott City/Columbia	9-11 AM	Sa
RP6300.132*	Ellicott City/Columbia	9-11 AM	Sa

For information or a detailed flier about the following Fall 2012 Youth Tackle Football and Cheer programs, call 410-313-4711.

Elkridge Hurricanes	Laurel Steelers
Ellicott City Patriots	West Howard Warhawks
Howard County Terps	

Adults 18 + Leagues/Tournaments

Men's Run & Shoot Fall Football League

18 yrs + / 8 wks plus playoffs starting Aug 12 / \$285 per team

Enthusiasts can enjoy playing this fast-action, low-contact version of touch football. Teams play six on defense and five on offense. Fee includes eight-game schedule, playoffs, awards, field rental and administration. Teams provide uniforms and an official NFL-sized football. Teams are responsible for \$45 referee fee paid on-site to referee crew at each game (regular season only). If a team forfeits, they must pay the referees for the forfeited game (\$90) prior to their next scheduled game. Failure to do so will result in that team being removed from the league without refund. All teams qualify for playoffs. Team manager will be updated with a league packet one week prior to start of games. For a complete copy of rules, visit hcrpsports.com. Register by July 19. Information: Nicola Morgal 410-313-4718 or nmorgal@howardcountymd.gov.

RP5300.101	County Parks (turf fields)	8 AM-2 PM	Su
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Co-Rec Fall Football League

18 yrs + / 8 wks plus playoffs starting Sep 4 / \$285 per team

Enjoy playing this fast-action, non-contact, no blocking, touch football league. Teams play 8-on-8. Teams provide own uniforms and football. Schedule includes eight games plus playoffs. All teams qualify for playoffs. Fee includes eight-game schedule, playoffs, awards, field rental and admin-

istration. Teams are responsible for \$30 referee fee paid on-site to referee crew at each game (regular season only). If a team forfeits they must pay the referees for the forfeited game (\$60) prior to their next scheduled game. Failure to do so will result in that team being removed from the league without refund. For a complete copy of rules visit: hcrpsports.com. Team manager will be updated with a league packet one week prior to start of games. Register by August 13. Information: Nicola Morgal 410-313-4718 or nmorgal@howardcountymd.gov.

Cedar Lane Pk

RP5301.101	American Div (more competitive)	6-10:30 PM	Tu
RP5301.102	National Div (less competitive)	6-10:30 PM	Tu

Men's Run & Shoot Football Tournament

18 yrs + / 2 days, Jul 28 & 29 / \$200 per team

Enthusiasts can enjoy playing this fast-action, low-contact version of touch football. Teams play six on defense and five on offense. Fee includes three game guarantee, tournament schedule, awards, field rental and administration. Teams provide uniforms and an official NFL-sized football. Team manager will be updated with the tournament schedule and rules one week prior to the tournament. Information: Nicola Morgal 410-313-4718 or nmorgal@howardcountymd.gov. Register by July 14.

RP5303.801	County Parks (turf fields)	9 AM-5 PM	Sa & Su
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Co-rec Football Tournament

18 yrs + / 2 days, Jun 30 & Jul 1 / \$200 per team

Enthusiasts can enjoy playing this fast-action, low-contact version of touch football. Teams play 8-on-8. Fee includes three game guarantee, tournament schedule, awards, field rental and administration. Teams provide uniforms and football. Team manager will be updated with the tournament schedule and rules one week prior to the tournament. Register by Jun 1. Information: Nicola Morgal 410-313-4718 or nmorgal@howardcountymd.gov.

RP5303.802	County Parks (turf fields)	9 AM-5 PM	Sa & Su
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Golf

Youth (4-17 yrs)

Backyard Golf

4-8 yrs / 5 wks, start dates & locations below / \$60

Join us for an exciting introduction into the world of golf. Learn basic swings, rules of the sport and proper etiquette using SNAG golf equipment. All equipment will be provided. Parent volunteers are encouraged to participate. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

4-5 yrs

RP6319.701	Patapsco MS	Apr 17	5:30-6:15 PM	Tu
RP6319.702	Burleigh Manor MS	Apr 18	5:30-6:15 PM	W
RP6319.703	Mayfield Woods MS	Apr 19	5:30-6:15 PM	Th

6-8 yrs

RP6319.711	Patapsco MS	Apr 17	6:15-7 PM	Tu
RP6319.712	Burleigh Manor MS	Apr 18	6:15-7 PM	W
RP6319.713	Mayfield Woods MS	Apr 19	6:15-7 PM	Th

A Golf Experience

5-10 yrs / 4 wks, start dates below / \$99

Join certified golf instructors for a unique, fun golf experience in an energetic and safe environment. By using fun themes and words like GRASS (Grip, Relax, Aim, Stance and Swing), children will learn proper golf fundamentals positioning them for golf success. Children experience the game of golf from "green to tee." We start on the putting green to learn the art of a good putt, and then we move to chipping stations to learn to how to get the ball in air. Next up is pitching through fun, and sometimes moving targets. Hitting the ball long with the full swing completes the experience. We fit and supply real golf clubs for every child, as well as provide all other equipment used during the class. Read concussion information on page ????. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6318.701	West Friendship ES	Apr 17	4-5 PM	Tu
RP6318.702	West Friendship ES	Apr 17	5:05-6:05 PM	Tu
RP6318.703	Fulton ES	Apr 19	4-5 PM	Th
RP6318.704	Fulton ES	Apr 19	5:05-6:05 PM	Th

Junior Golf

8-17 yrs / Start dates & locations below / \$82 + ball fee

This introduction to the game includes swing fundamentals, rules and etiquette. No equipment or experience necessary. Ball fee: \$15 at first class for Timbers and Fairway Hills; \$7 per week for Waverly Woods; \$6 per week for Rocky Gorge. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Timbers at Troy Golf Course / 5 wks

RP6320.701	Apr 16	4:30-5:15 PM	M
RP6320.702	Apr 18	4:30-5:15 PM	W
RP6320.703	Apr 20	4:30-5:15 PM	F
RP6320.704	Apr 21	9-9:45 AM	Sa
RP6320.705	Apr 21	12-12:45 PM	Sa
RP6320.801	Jun 4	4:30-5:15 PM	M
RP6320.802	Jun 6	4:30-5:15 PM	W
RP6320.803	Jun 8	4:30-5:15 PM	F
RP6320.804	Jun 9	9-9:45 AM	Sa
RP6320.805	Jun 9	12-12:45 PM	Sa

Waverly Woods Golf Course / 5 wks

RP6320.706	Apr 18	4-4:45 PM	W
RP6320.707	Apr 20	4-4:45 PM	F
RP6320.806	Jun 6	4-4:45 PM	W
RP6320.807	Jun 8	4-4:45 PM	F

Rocky Gorge Golf Fairway / 5 wks

RP6320.710	Apr 21	10-11 AM	Sa
RP6320.810	Jun 9	10-11 AM	Sa

Fairway Hills Golf Course / 4 wks

RP6320.711	Apr 21	1-2 PM	Sa
RP6320.712	Apr 22	1-2 PM	Su
RP6320.811	Jun 2	1-2 PM	Sa
RP6320.812	Jun 3	1-2 PM	Su

Adults (18 yrs +)

Fairway Hills Golf Lessons

18 yrs + / 4 wks, start dates below / \$82 + \$15 ball fee

These small-group beginner lessons include putting, chipping, and full swing with both irons and woods. Ball fee due at first lesson; no clubs required. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6321.701	Apr 16	4-5 PM	M
RP6321.702	Apr 17	11 AM-noon	Tu
RP6321.703	Apr 18	4-5 PM	W
RP6321.704	Apr 19	11 AM-noon	Th
RP6321.705	Apr 22	10-11 AM	Su
RP6321.801	Jun 3	10-11 AM	Su
RP6321.802	Jun 4	4-5 PM	M
RP6321.803	Jun 5	11 AM-noon	Tu
RP6321.804	Jun 6	4-5 PM	W
RP6321.805	Jun 7	11 AM-noon	Th

Rocky Gorge Golf Lessons

with Gus Novotny

18 yrs + / 5 wks, start dates below / \$82 + \$6 per wk ball fee

Beginners and advanced beginners can emphasize fundamentals of a sound swing and learn personal skill analysis and self-improvement of distance and approach in small-group lessons. Ball fee due weekly; no clubs required. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6323.701	Apr 17	6-6:45 PM	Tu
RP6323.702	Apr 18	6-6:45 PM	W
RP6323.703	Apr 21	11-11:45 AM	Sa
RP6323.801	Jun 5	6-6:45 PM	Tu
RP6323.802	Jun 6	6-6:45 PM	W
RP6323.803	Jun 9	11-11:45 AM	Sa

Timbers at Troy Golf Lessons

18 yrs + / 5 wks, start dates below / \$82 + \$15 ball fee

These small-group lessons for beginners and advanced beginners include iron play, driving, putting and more. Ball fee due at first lesson; no clubs required. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Beginner

RP6324.701	Apr 16	5:30-6:15 PM	M
RP6324.702	Apr 18	5:30-6:15 PM	W
RP6324.703	Apr 20	5:30-6:15 PM	F
RP6324.704	Apr 21	10-10:45 AM	Sa
RP6324.801	Jun 4	5:30-6:15 PM	M
RP6324.802	Jun 6	5:30-6:15 PM	W
RP6324.803	Jun 8	5:30-6:15 PM	F
RP6324.804	Jun 9	10-10:45 AM	Sa

Advanced Beginner

RP6324.711	Apr 16	6:30-7:15 PM	M
RP6324.712	Apr 18	6:30-7:15 PM	W
RP6324.713	Apr 20	6:30-7:15 PM	F
RP6324.714	Apr 21	11-11:45 AM	Sa
RP6324.811	Jun 4	6:30-7:15 PM	M
RP6324.812	Jun 6	6:30-7:15 PM	W
RP6324.813	Jun 8	6:30-7:15 PM	F
RP6324.814	Jun 9	11-11:45 AM	Sa

Iron It Out

18 yrs + / 5 wks, start dates below / \$82 + \$15 ball fee

Straighten out your shots in this small-group lesson. Eliminate hooks and slices from your game and get the ball going straighter than ever. Focus on driving, fairway woods and iron play. Ball fee due at first lesson; no clubs required. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Timbers at Troy Golf Course

RP6326.701	Apr 16	9-9:45 AM	M
RP6326.702	Apr 20	12-12:45 PM	F
RP6326.801	Jun 4	9-9:45 AM	M
RP6326.802	Jun 8	Noon-12:45 PM	F

Putt For Dough

18 yrs + / 5 wks, start dates below / \$82 + \$15 ball fee

Learn why the professionals always say, "drive for show and putt for dough." In this small-group lesson, the focus will be on golf's short game. Learn fundamentals of putting, chipping, pitching and bunker shots. Ball fee due at first lesson; no clubs required. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Timbers at Troy Golf Course

RP6327.701	Apr 16	12-12:45 PM	M
RP6327.702	Apr 20	9-9:45 AM	F
RP6327.801	Jun 4	12-12:45 PM	M
RP6327.802	Jun 8	9-9:45 AM	F

Waverly Woods Golf Lessons

18 yrs + / 5 wks, start dates below / \$82 + \$7 per wk ball fee

In small-group lessons for beginners and advanced beginners, learn iron play, driving, putting and more. Ball fee due at first lesson; no clubs required. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Beginner

RP6325.701	Apr 18	5-5:45 PM	W
RP6325.702	Apr 20	5-5:45 PM	F
RP6325.801	Jun 6	5-5:45 PM	W
RP6325.802	Jun 8	5-5:45 PM	F

Advanced Beginner

RP6325.711	Apr 18	6-6:45 PM	W
RP6325.712	Apr 20	6-6:45 PM	F
RP6325.811	Jun 6	6-6:45 PM	W
RP6325.812	Jun 8	6-6:45 PM	F

Gymnastics

Youth (1½-12 yrs)

Parent-Child Gymnastics

1½- 3½ yrs / 6 wks, start dates below / \$99

Be an active participant as your child develops self awareness and coordination. Songs, games and climbing activities are incorporated to focus on fun. Adult and child must register and attend together. Child must be walking. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

RP6351.701	Columbia Gymnastics	Apr 12	10-10:45 AM	Th
RP6351.702	Columbia Gymnastics	Apr 13	10-10:45 AM	F

Preschool Gymnastics

3-5 yrs / 6 wks, start dates below / \$99

Young children can have fun and develop strength, coordination, listening skills and cooperation. Participants utilize all types of gymnastics and physical education equipment. Emphasis is on fun in a safe and caring atmosphere. Child must be at least 3 years old when the program begins. Staff does not change diapers. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Columbia Gymnastics

RP6352.701	Apr 16	5-5:45 PM	M
RP6352.702	Apr 10	1:45-2:30 PM	Tu
RP6352.703	Apr 10	2:30-3:15 PM	Tu
RP6352.704	Apr 11	9:15-10 AM	W
RP6352.705	Apr 11	1-1:45 PM	W
RP6352.706	Apr 11	1:45-2:30 PM	W
RP6352.707	Apr 11	2:30-3:15 PM	W
RP6352.708	Apr 11	4:30-5:15 PM	W
RP6352.709	Apr 12	9:15-10 AM	Th
RP6352.710	Apr 12	10:45-11:30 AM	Th
RP6352.711	Apr 12	2-2:45 PM	Th
RP6352.712	Apr 12	2:45-3:30 PM	Th
RP6352.713	Apr 13	9:15-10 AM	F
RP6352.714	Apr 13	10:45-11:30 AM	F
RP6352.801	Jun 19	4:30-5:15 PM	Tu
RP6352.802	Jun 19	5:30-6:15 PM	Tu
RP6352.803	Jun 21	4:30-5:15 PM	Th

Cartwheels & Crafts

3-6 yrs / 6 wks, start dates below / \$171

Does your child have lots of physical and creative energy? This 2-hour class combines the fun of gymnastics with creative craft time. Come bounce on the trampolines, climb in the foam pit and create wonderful arts and crafts. All materials are provided. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

RP6354.701	Columbia Gymnastics	Apr 11	1:30-3:30 PM	W
RP6354.801	Columbia Gymnastics	Jun 20	1:30-3:30 PM	W

Beginning Gymnastics

Ages below / 6 classes, start dates & below / \$99

Taught according to the progression standards set by the US Gymnastics Federation, participants are introduced to apparatus for gymnastic rotations and to the US Gymnastics Federation levels of skill development. Participants will begin to develop the confidence, fitness, strength and flexibility needed for the intermediate level. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Columbia Gymnastics

Boys / 6-12 yrs

RP6353.701	Apr 12	6:30-7:30 PM	Th
RP6353.801	Jun 28	6:30-7:30 PM	Th

Girls / 6-8 yrs

RP6353.711	Apr 10	4:30-5:30 PM	Tu
RP6353.712	Apr 12	6:30-7:30 PM	Th
RP6353.713	Apr 13	6:30-7:30 PM	F
RP6353.714	Apr 14	11:45 AM-12:45 PM	Sa
RP6353.811	Jun 19	6:30-7:30 PM	Tu
RP6353.812	Jun 21	5:30-6:30 PM	Th

Jump Rope

Youth (6-17 yrs)

Joey Jumpers with Kangaroo Kids

6-8 yrs / 8 wks starting Apr 10 / \$116

This introductory jump rope class is all about having fun and getting fit in a safe and non-competitive environment. Jumpers will learn basic single rope and some long rope skills. Jump rope fee: \$6 for first time participants due at first class. Returning jumpers should bring their beaded jump ropes. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Meadowbrook Ath Comp

RP6361.701 4:25-5:25 PM Tu

RP6361.702 5:30-6:30 PM Tu

Junior Jumpers with Kangaroo Kids

8-16 yrs / 8 wks starting Apr 10 / \$116

This is a beginning jump rope class that is all about fun and fitness. Jumpers will learn basic single rope, Double Dutch and long rope skills. Jump rope fee: \$6 for first time participants due at first class. Returning jumpers should bring their beaded jump ropes. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6362.701 Meadowbrook Ath Comp 4:25-5:25 PM Tu

Intermediate Jumpers with Kangaroo Kids

6-16 yrs / 8 wks starting Apr 10 / \$116

Jumpers will build on basic single and long rope skills and be introduced to precision group routines. Prerequisite: minimum two sessions of Joey Jumpers or Junior Jumpers and/or coach's approval. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Meadowbrook Ath Comp

RP6363.701 4:25-5:25 PM Tu

RP6363.702 5:30-6:30 PM Tu

Preparation to Perform with Kangaroo Kids

8-16 yrs / 8 wks starting Apr 11 / \$116

Jumpers with a desire to ultimately perform at public events will build on single and long rope skills, precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum two sessions of Intermediate Jumpers and/or coach's approval. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6364.701 Meadowbrook Ath Comp 4:30-5:30 PM W

Teens & Adults (16 yrs +)

Jump Rope Fit for Adults & Teens

16 yrs + / 8 wks starting Apr 11 / \$116

Jump into fitness with the Kangaroo Kids. Increase cardio-respiratory

endurance, balance, coordination and agility, all with the use of a jump rope. This class is great cross training for basketball, soccer, volleyball and other activities. Jump rope fee: \$6 for first time participants due at first class. Returning jumpers should bring their beaded jump ropes. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6368.701 Meadowbrook Ath Comp 5:30-6:30 PM W

Kickball

Spring/Summer Co-Rec Kickball League

18 yrs + / 10 wks, start dates below / \$455

Register by March 23. Join the kickball craze! Anyone can play, no particular skill set required, besides enthusiasm and teamwork. Games will be played as double-headers for a minimum of 16 games. Leagues available on Wednesday and Friday evenings – teams choose. Friday league will play on fields with temporary home run fencing. Every team is eligible for a post-season tournament. Here's your chance to leave the office and return to the playground! Teams can have up to 16 players per roster. League fee includes umpires, balls, awards, league administration and field use. Games will be played at county parks. For league rules/information, visit hcrpsports.com. Registration is on a first-come, first-served basis and is limited due to field space; don't be left out of the fun! Information, Will Dunmore 410-313-1697.

County Parks

RP5830.701 Apr 18 6-10 PM W

RP5830.702 Apr 20 6-10 PM F

Fall Co-Rec Kickball League

18 yrs + / 10 wks, start dates below / \$455

Register by July 27. Please read above description.

County Parks

RP5830.101 Aug 15 6-10 PM W

RP5830.102 Aug 17 6-10 PM F

Lacrosse

Youth (3-18 yrs)

Little LAXers Lacrosse

3-4 yrs / 6 wks, start dates below / \$75

Have fun with an exciting introduction to the sport of lacrosse! Learn the basics of scooping, passing, catching, cradling and shooting while having a blast in a team environment. Experienced coaches use age-appropriate games and activities to encourage your child's active involvement and development of social skills. Some parent involvement is required. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Meadowbrook Ath Comp

RP6972.701 Apr 24 12:30-1:15 PM Tu

RP6972.702 Apr 24 1:30-2:15 PM Tu

N Laurel Comm Ctr

RP6972.703 Apr 25 9-9:45 AM W

RP6972.704 Apr 25 10-10:45 AM W

Lacrosse Introduction-Boys

Ages below / 6 wks starting Apr 8 / \$80

First-time players or those wanting to improve skills can focus on lacrosse fundamentals. Curriculum includes: stick work, shooting, ground balls and basic lacrosse concepts. Equipment provided. Fee includes t-shirt. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Brian Wyman, 410-313-1689 or bwyman@howardcountymd.gov.

Cedar Lane Pk West - Field 5

RP6505.701	5-6 yrs	2-3 PM	Su
RP6505.711	7-8 yrs	3:15-4:15 PM	Su
RP6505.721	9-10 yrs	4:30-5:30 PM	Su

Lacrosse Introduction-Girls

Ages below / 6 wks starting Apr 8 / \$80

First-time players or those wanting to improve skills can focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse stick and protective eye wear. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Brian Wyman, 410-313-1689 or bwyman@howardcountymd.gov.

Cedar Lane Pk West - Field 6

RP6506.701	5-6 yrs	2-3 PM	Su
RP6506.711	7-8 yrs	3:15-4:15 PM	Su
RP6506.721	9-10 yrs	4:30-5:30 PM	Su

Boy's High School Summer Lacrosse Leagues

13-18 yrs / 8 wks + playoffs starting Jun 27 / Prices below

Each team will consist of players from a single high school. Our goal is to give the players as much time with their school teammates as possible. Varsity and junior varsity divisions will be offered. Teams play an eight-game schedule and are eligible for post-season playoffs. Fee includes field use with lights, supplies, administration staff and game officials. Games played weeknights, 6-10 PM. Schedules will be emailed. Teams are required to provide uniforms. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Brian Wyman, 410-313-1689 or bwyman@howardcountymd.gov.

County Pks

Individual / \$80

RP5501.801	13-15 yrs, Junior Varsity	6-10 PM	M/W
RP5501.802	15-18 yrs, Varsity	6-10 PM	M/W

Team / \$1200

RP5501.811	13-15 yrs, Junior Varsity	6-10 PM	M/W
RP5501.812	15-18 yrs, Varsity	6-10 PM	M/W

Adults (18 yrs +)

Men's Summer Lacrosse Leagues

Ages below / 8 wks + playoffs starting Jun 25 / Prices below

Lacrosse enthusiasts, work on your game in this weeknight league. Team and individual registration available (Individual registrants will be formed into teams to compete in league play.) Teams play an eight-game schedule and are eligible for post-season playoffs. Teams are required to provide uniforms (reversible, two-colors) and equipment. Fee includes field use, lights, supplies, administration staff and game officials. Games played

weeknights on Synthetic Turf Fields in Rockburn, Cedar Lane and Western Parks. Schedules will be emailed. Information: Brian Wyman, 410-313-1689 or bwyman@howardcountymd.gov.

Individual / \$80 / County Parks

RP5503.801	(18 yrs +, Div A)	6:30-11 PM	Weeknights
RP5503.803	(18 yrs +, Div B)	6:30-11 PM	Weeknights
RP5503.803	(35 yrs +)	6:30-11 PM	Weeknights
RP5503.804	(45 yrs +)	6:30-11 PM	Weeknights

Team / \$1250 / County Parks

RP5503.811	(18 yrs +, Div A)	6:30-11 PM	Weeknights
RP5503.812	(18 yrs +, Div B)	6:30-11 PM	Weeknights
RP5503.813	(35 yrs +)	6:30-11 PM	Weeknights
RP5503.814	(45+ yrs)	6:30-11 PM	Weeknights

Martial Arts

Youth (5-14 yrs)

Below is not in age order.

After-School Karate Program by Klotz Institute of Karate

5-11 yrs / 6 wks, start dates below / \$37

This after-school karate program will allow your child to get some exercise while working on following directions, listening, patience and building confidence. Your child will learn basic motion, forms, jujitsu, one step and sparring. Students at all levels are welcome. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

RP8700.701	Bellows Spring ES	Apr 18	4-4:45 PM	W
RP8700.702	Clemens Crossing ES	Apr 19	4-4:45 PM	Th

D & S Karate with Seth Ismart

6-13 yrs / 7, 8, or 9 wks, start dates & prices below

Improve coordination, confidence, flexibility, balance, agility and focus while having fun learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts and have years of classroom experience in instructing children in the art of self-defense and personal accomplishment. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

7 wks / \$37

RP8710.701	Clarksville ES	Apr 16	7-8 PM	M
RP8710.702	N Laurel Com Ctr	Apr 16	7-8 PM	M

8 wks / \$42

RP8710.703	Centennial Lane ES	Apr 12	7-8 PM	Th
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9 wks / \$47

RP8710.704	Hammond ES	Apr 11	7-8 PM	W
RP8710.705	Dayton Oaks	Apr 11	7-8 PM	W

Fencing

7-14 yrs / See page 24-S.

Fencing with the Baltimore Fencing Center

8-12 yrs / See page 24-S.

TKA Karate

5-12 yrs / 7, 8 or 9 wks, start dates & prices below

Boys and girls at all skill levels can learn karate and jujitsu. Black belt instructors emphasize safety and fun. One week will be spent taking or viewing the test or participating in a refresher class. The last few spring classes and some summer classes may be held outdoors. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

7 wks / Apr 16 / \$38

RP8730.701	Gary J Arthur Comm Ctr	7-8 PM	M
RP8730.702	Oakland Mills MS	7-8 PM	M

8 wks / Apr 12 / \$43

RP8730.703	Forest Ridge ES	7-8 PM	Th
RP8730.704	Manor Woods ES	7-8 PM	Th
RP8730.705 (Beg)	Pointers Run	6-7 PM	Th
RP8730.706 (Int)	Pointers Run	7-8 PM	Th

9 wks / Apr 10 / \$49

RP8730.707	Lake Elkhorn MS	7-8 PM	Tu
RP8730.708	Longfellow ES	7-8 PM	Tu
RP8730.709	Worthington ES	7-8 PM	Tu

9 wks / Apr 11 / \$49

RP8730.710	Lime Kiln MS	7-8 PM	W
RP8730.711	Northfield ES	7-8 PM	W
RP8730.712 (Beg)	Rockburn ES	6-7 PM	W
RP8730.713 (Int)	Rockburn ES	7-8 PM	W

8 wks / Jun 25 / \$43

RP8730.801	Schooley Mill PK	7-8 PM	M
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8 wks / Jun 26 / \$43

RP8730.802	Cedar Lane Rec Ctr	7:30-8:30 PM	Tu
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8 wks / Jun 27 / \$43

RP8730.803 (Beg)	Meadowbrook Ath Comp	6-7 PM	W
RP8730.804 (Int)	Meadowbrook Ath Comp	7-8 PM	W

8 wks / Jun 28 / \$43

RP8730.805	Gary J Arthur Comm Ctr	7-8 PM	Th
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Youth & Adults (13 yrs +)

Aikido with Ki by Russ Dauber

18 yrs + / 8 wks, start dates & prices below / \$46

Martial Arts and Ki practices, as taught by Japan's Ki Society International, promotes dynamic movement with unified mind and body. Techniques flow with lead attacker's direction and motion. The Ki part is low impact. The Aikido part involves practicing with partners and rolling on mats, while maintaining calmness and relaxation. Men and women welcome. Emphasis is on safety, knowledge and enjoyment. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

RP8880.701	Waverly ES	7-9 PM	Apr 10	Tu & Th
RP8880.801	Cedar Lane Rec Ctr	7-9 PM	Jun 26	Tu & Th

MISSION

To responsibly manage natural resources; provide excellent parks, facilities, and recreation opportunities for the community; and ensure the highest quality of life for current and future generations.

VISION

The Department of Recreation and Parks strives to deliver recreation and leisure opportunities that will improve the health and well-being of the community and to serve as model stewards of the environment by managing, protecting, and conserving our resources for a sustainable future.

CORE VALUES

- Exceptional Customer Service
- Professionalism
- Accountability
- Knowledgeable, Well-trained Staff
- Teamwork
- Integrity
- Trend Setting



Howard County
RECREATION & PARKS



Ryukyu Kempo

13 yrs + / Start dates & prices below

Come experience the lost art of classical Okinawan Ryukyu Kempo! Have fun getting in shape while improving self confidence and focus. Learn realistic, practical and effective training methods to sharpen both the mind and body. Experience the thrill of self discovery in a safe and nurturing learning environment. Classes are taught by a Certified DKI/KJK Master Instructor, Patrick Bast. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

7 wks / \$50 / Roger Carter Rec Ctr

RP8741.701 Apr 16 7:30-9 PM M

8 wks / \$57 / Roger Carter Rec Ctr

RP8741.801 Jun 25 7:30-9 PM M

Shotokan Karate

13 yrs + / Start dates & prices below

Learn a repertoire of techniques and the optimal safe positions for self defense, based upon the movement of your opponent's, in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions and takedowns. Special attention is given to low-impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self defense in Howard County for more than 25 years. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Roger Carter Rec Ctr

8 wks / 1 hr / \$52

RP8791.701 (Beg) Apr 12 7-8 PM Th

RP8791.702 (Int) Apr 12 8:05-9:05 PM Th

RP8791.703 (Beg) Apr 14 10-11 AM Sa

RP8791.704 (Int) Apr 14 11:05 AM-12:05 PM Sa

8 wks / 2 hrs / \$98

RP8791.801 Jun 28 7-9 PM Th

Tai Chi

18 yrs + / 8 wks, start dates below / \$62

Tai Chi offers a wide variety of health benefits, including joints stability, balance and coordination. It also improves mental focus, increases energy and releases stress. Information: Pam Honaker, 410-313-1694.

Dunloggin MS

RP8850.701 (Beg) Apr 11 7-8 PM W

RP8850.702 (Adv) Apr 11 8:05-9:05 PM W

Murray Hill MS

RP8850.703 (Beg) Apr 12 7-8 PM Th

RP8850.704 (Adv) Apr 12 8:05-9:05 PM Th

TKA Karate

13 yrs + / 7, 8 or 9 wks, start dates & prices below

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. The last few spring classes and some summer classes may be held outdoors. Wear comfortable clothing or gi. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

7 wks / \$47

RP8731.701 Gary J Arthur Comm Ctr Apr 16 8-9:30 PM M

RP8731.702 Oakland Mills MS Apr 16 8-9:30 PM M

8 wks / \$54

RP8731.703 Forest Ridge ES Apr 12 8-9:30 PM Th

RP8731.704 Manor Woods ES Apr 12 8-9:30 PM Th

RP8731.705 Pointers Run ES Apr 12 8-9:30 PM Th

9 wks / \$61

RP8731.706 Elkhorn MS Apr 10 8-9:30 PM Tu

RP8731.707 Longfellow ES Apr 10 8-9:30 PM Tu

RP8731.708 Worthington ES Apr 10 8-9:30 PM Tu

RP8731.709 Lime Kiln MS Apr 11 8-9:30 PM W

RP8731.710 Northfield ES Apr 11 8-9:30 PM W

RP8731.711 Rockburn ES Apr 11 8-9:30 PM W

8 wks / \$54

RP8731.801 Schooley Mill PK Jun 25 8-9:30 PM M

RP8731.802 Cedar Lane Rec Ctr Jun 26 8:30-10 PM Tu

RP8731.803 Meadowbrook Ath Comp Jun 27 8-9:30 PM W

RP8731.804 Gary J Arthur Comm Ctr Jun 28 8-9:30 PM Th

Multi-Sports

Jump Bunch Kids by Jump Bunch Kids, Inc.

2-5 yrs / 6 wks, start dates below / \$75

Jump Bunch classes are a wonderful opportunity for parent or caregiver and child to interact in a fun, engaging, noncompetitive environment. The classes provide an opportunity for your child to share the fun of music, movement, fitness and sports with their parent/caregiver. An experienced instructor leads you and your child through a series of fun warmup exercises designed to improve balance, increase coordination and develop body awareness. Each class will focus on learning a new sport or fitness activity and your children will be excited to use and explore the child friendly equipment provided by Jump Bunch each week. Children will love to follow along, imitate their adult counterparts and socialize with other children. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

St. Johns ES / Apr 28

RP6313.702 2-3 yrs 10-10:45 AM Sa

RP6313.703 3-5 yrs 11-11:45 AM Sa

Meadowbrook Ath Comp / Apr 25

RP6313.704 2-3 yrs 11-11:45 AM W

RP6313.705 3-5 yrs Noon-12:45 PM W

Meadowbrook Ath Comp / Jun 5

RP6313.801 2-3 yrs 10-10:45 AM Tu

RP6313.802 3-4 yrs 11-11:45 AM Tu

Pre-K Drop-in Play

2-5 yrs / Ongoing / Days & times below / *\$4, Parent and child;

*\$2, each additional child; \$98, Seasonal Get Active Package

Membership (1 adult, 1 child, no daily fee required)

Drop-in play days full of fun and exciting activities in a safe and non-competitive environment are awaiting your child. Athletic Complex staff will provide equipment for a variety of sports, games and entertainment activities. Parent involvement is required. We are excited to allow young participants and parents to take advantage of the facility and the equipment as we are working together to learn new sports, play games, and have fun! Choose the seasonal/monthly Get Active Package membership and register for a one-time payment! Read concussion information on page 16-S. Review

of this information is required by law before you are allowed to register for sports programs. Information: Pat McGinnis, 410-313-1162.

Meadowbrook Ath Comp Days & Times TBD

***Daily fee is due each day of arrival (cash or check only).**

Learn-N-Play Sports

3-5 yrs / 6 wks, start dates below / \$75

Together, parents and children can learn and play various sports while practicing fundamental motor skills designed specifically for the young child. The program, based on the national "Start Smart," sports program developed by Lifetime Sports & Fitness for Youth, features skill stations and games for throwing, catching, kicking and batting. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Meadowbrook Ath Comp

RP6970.701	Apr 19	9-9:45 AM	Th
RP6970.702	Apr 19	10-10:45 AM	Th
RP6970.703	Apr 24	9-9:45 AM	Tu
RP6970.704	Apr 24	10-10:45 AM	Tu

Elkridge ES

RP6970.705	Apr 21	10-10:45 AM	Sa
RP6970.706	Apr 21	11-11:45 AM	Sa

Little Big Shots

3-4 yrs / 6 wks, start dates below / \$75

We love to play! Your child will enjoy learning the basic skills of basketball, soccer and tee ball while being a part of our team. Experienced coaches will spend two weeks teaching the fundamentals of each sport using age appropriate activities. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Cedar Lane Pk East Bball Courts

RP6314.701	Apr 25	9:30-10:15 AM	W
RP6314.702	Apr 25	10:30-11:15 AM	W

N Laurel Comm Ctr

RP6314.703	Apr 23	5:30-6:15 PM	M
RP6314.704	Apr 23	6:30-7:15 PM	M

Rugby

Rugby League

6-16 yrs / 9 wks dates starting dates below / \$90

Boys and girls will have fun learning and playing the fascinating game of rugby. Ages 6-14 play a two-hand touch version; ages 15-18 play a tackle version. Children play teams from surrounding counties in the Potomac Rugby Union Youth Division. Games are played on Saturday, at different locations. Games are mid-June to mid-August. Age determination date is June 1, 2012. League is co-sponsored by the Potomac Rugby Union. Read concussion information on page ??? Review of this information is required by law before you are allowed to register for sports programs. Information: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

6-10 yrs / 6:30-8:30 PM / Touch Version

5610.801	East Columbia Library (Hurricanes)	Jun 5	Tu,Th
5610.802	Dickenson (Ellicott City Express)	Jun 4	M,Th

11-14 yrs / 6:30-8:30 PM / Touch Version

5610.811	East Columbia Library (Hurricanes)	Jun 5	Tu,Th
5610.812	Dickenson (Ellicott City Express)	Jun 4	M,Th
<u>15-18 yrs / 6:30-8:30 PM / Tackle Version</u>			
5610.821	East Columbia Library/Meadowbrook	Jun 5	Tu,Th

Soccer

Youth (2-14 yrs)

U.K. Elite Petite Soccer

2-3 & 3-5 yrs / 6 wks, start dates below / \$97

This is a mini-taste of the U.K. Elite experience! Hour-long programs of soccer fun and games are designed to introduce the youngest of players to the greatest of games. The emphasis is on having FUN with a soccer ball. Parent-involvement will be encouraged at times. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

Cedar Lane Pk West Field 5

RP6710.701	2-3 yrs	Apr 17	9:30-10:30 AM	Tu
RP6710.702	2-3 yrs	Apr 18	9:30-10:30 AM	W
RP6710.703	2-3 yrs	Apr 19	9:30-10:30 AM	Th
RP6710.704	2-3 yrs	Apr 20	9:30-10:30 AM	F
RP6710.705	3-5 yrs	Apr 17	10:30-11:30 AM	Tu
RP6710.706	3-5 yrs	Apr 17	1:30-2:30 PM	Tu
RP6710.707	3-5 yrs	Apr 18	10:30-11:30 AM	W
RP6710.708	3-5 yrs	Apr 18	1:30-2:30 PM	W
RP6710.709	3-5 yrs	Apr 19	10:30-11:30 AM	Th
RP6710.710	3-5 yrs	Apr 19	1:30-2:30 PM	Th
RP6710.711	3-5 yrs	Apr 19	3:45-4:45 PM	Th
RP6710.712	3-5 yrs	Apr 19	4:45-5:45 PM	Th
RP6710.713	3-5 yrs	Apr 20	10:30-11:30 AM	F
RP6710.714	3-5 yrs	Apr 20	1:30-2:30 PM	F
RP6710.715	3-5 yrs	Apr 20	3:45-4:45 PM	F
RP6710.716	3-5 yrs	Apr 20	4:45-5:45 PM	F

Western Regional Pk Field 5

RP6710.717	2-3 yrs	Apr 18	9:30-10:30 AM	W
RP6710.718	3-5 yrs	Apr 18	10:30-11:30 AM	W
RP6710.719	3-5 yrs	Apr 18	1:30-2:30 PM	W

Meadowbrook Athletic Complex Field 4

RP6710.720	2-3 yrs	Apr 17	5-6 PM	Tu
RP6710.721	2-3 yrs	Apr 17	6-7 PM	Tu
RP6710.722	2-3 yrs	Apr 18	5-6 PM	W
RP6710.723	2-3 yrs	Apr 18	6-7 PM	W
RP6710.724	3-5 yrs	Apr 17	5-6 PM	Tu
RP6710.725	3-5 yrs	Apr 17	6-7 PM	Tu
RP6710.726	3-5 yrs	Apr 18	5-6 PM	W
RP6710.727	3-5 yrs	Apr 18	6-7 PM	W

Little Kickers

3-4 yrs / 6 wks, start dates below / \$75

Let's play soccer! Come out and have fun learning how to play soccer. Experienced coaches will teach the basic skills of dribbling, passing and shooting while working on developing coordination and balance. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Pam Honaker, 410-313-1694.

Cedar Lane Pk West Field 5

RP6705.701 (Beg)	Apr 23	9:30-10:15 AM	M
RP6705.702 (Beg)	Apr 23	10:30-11:15 AM	M
RP6705.703 (Int)	Apr 23	11:30 AM-12:15 PM	M

N Laurel Comm Ctr

RP6705.704	Apr 25	5:30-6:15 PM	W
RP6705.705	Apr 25	6:30-7:15 PM	W

Kiddie Soccer

5-6 yrs / 6 wks, start dates below / \$44

Are you ready to play the world's most popular game? Boys and girls will learn basic skills, such as dribbling, trapping, passing, shooting, defense and team play, all in a fun and encouraging environment. Meet on the field. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6700.701	Phelps Luck ES	Apr 16	4:30-5:30 PM	M
RP6700.702	Northfield ES	Apr 16	4:20-5:20 PM	M
RP6700.703	Gorman Crossing ES	Apr 17	5-6 PM	Tu
RP6700.704	Clarksville ES	Apr 17	5-6 PM	Tu
RP6700.705	Clemens Crossing ES	Apr 18	5-6 PM	W
RP6700.706	Rockburn ES	Apr 18	4:30-5:30 PM	W
RP6700.707	Cradlerock ES	Apr 19	4-5 PM	Th
RP6700.708	Deep Run ES	Apr 19	5:15-6:15 PM	Th

UK Elite Soccer Program: "Steps to Success"

5-14 yrs / 6 wks, start dates below / \$97

Do you want to take your skills to the next level by learning from some of the finest British soccer coaches? Girls and boys can learn from one of the best professional youth soccer coaching companies in the USA. This fantastic learning experience uses age appropriate curricula and expert instruction. Emphasis on sound fundamental techniques and skills—along with a firm understanding of the game. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

Cedar Lane Pk West Field 5

RP6706.701	5-6 yrs	Apr 19	5:45-6:45 PM	Th
RP6706.702	5-6 yrs	Apr 20	5:45-6:45 PM	F
RP6706.711	7-10 yrs	Apr 19	5:45-6:45 PM	Th
RP6706.712	7-10 yrs	Apr 20	5:45-6:45 PM	F
RP6706.721	11-14 yrs	Apr 19	5:45-6:45 PM	Th
RP6706.722	11-14 yrs	Apr 20	5:45-6:45 PM	F

After-School Soccer

7-8 yrs / 6 wks, start dates below / \$44

The world's most popular game awaits you. Boys and girls will learn and improve their basic skills, such as dribbling, trapping, shooting, passing, defense and team play. Coaches will use a variety of drills, games and scrimmages to make learning fun and exciting. Meet outside school office; coaches will escort players to field. Read concussion information on page

16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6701.701	Phelps Luck ES	Apr 16	3:20-4:20 PM	M
RP6701.702	Northfield ES	Apr 16	3:15-4:15 PM	M
RP6701.703	Gorman Crossing ES	Apr 17	4-5 PM	Tu
RP6701.704	Clarksville ES	Apr 17	4-5 PM	Tu
RP6701.705	Clemens Crossing ES	Apr 18	4-5 PM	W
RP6701.706	Rockburn ES	Apr 18	3:25-4:25 PM	W
RP6701.707	Cradlerock ES	Apr 19	2:45-3:45 PM	Th
RP6701.708	Deep Run ES	Apr 19	4:05-5:05 PM	Th

Youth Leagues (4-10 yrs)

Spring Youth Soccer League

4-8 yrs / 9 wks starting wk of Apr 9 / \$82,

*\$52 Head Coach's child

Boys and girls will have fun playing soccer while learning the fundamentals of the world's most popular sport. Teams will be formed by the Department and will practice once per week on a weeknight, beginning the week of April 9. Coaches will contact participants regarding practice days/times one week prior to the program's start. One-hour games will be scheduled Saturdays, starting April 21, between 9 AM and 5 PM. Shin guards are required. Fee includes participation award, soccer jersey and soccer ball from Play It Again Sports in Ellicott City. Volunteer head coaches are needed and receive a discount. Individual registrations only, no team entries. Read concussion information on page ??? Review of this information is required by law before you are allowed to register for sports programs. Registration deadline is March 19, 2012. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

4 yrs

RP5701.701	Meadowbrook Pk	9 AM-5 PM	Sa
RP5701.702*	Meadowbrook Pk	9 AM-5 PM	Sa

5-6 yrs

RP5701.711	Meadowbrook Pk	9 AM-5 PM	Sa
RP5701.712*	Meadowbrook Pk	9 AM-5 PM	Sa

7-8 yrs

RP5701.721	HC Ctr for the Arts	9 AM-5 PM	Sa
RP5701.722*	HC Ctr for the Arts	9 AM-5 PM	Sa

Fall Youth Soccer League

4-8 yrs / 9 wks starting Aug 27 / \$82, *\$52 Head Coach's child

This co-ed league allows boys and girls to have fun playing soccer while learning the fundamentals of the world's most popular sport. Teams are formed by the Department and practice once per week on a weeknight, beginning the week of August 27. One-hour games on Saturdays, starting September 8, between 9-6 PM. Shin guards are required. Fee includes participation award, soccer jersey and soccer ball from Play It Again Sports in Ellicott City. Coaches will contact participants regarding practice days/times one week prior to the start of the program. Volunteer head coaches are needed and receive a discount. Individual registrations only, no team entries. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Registration deadline is August 13, 2012. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

4 yrs

RP5701.101	Meadowbrook Pk	9-6 PM	Sa
RP5701.102*	Meadowbrook Pk	9-6 PM	Sa

5-6 yrs

RP5701.111	Meadowbrook Pk	9-6 PM	Sa
RP5701.112*	Meadowbrook Pk	9-6 PM	Sa

7-8 yrs

RP5701.121	HC Ctr for the Arts	9-6 PM	Sa
RP5701.122*	HC Ctr for the Arts	9-6 PM	Sa

Instructional Soccer League**5-10 yrs / 8 wks starting Apr 21 / \$74**

First-time players or those wanting to improve fundamental skills can play small-sided games in this instructional league. Focus on skill development through drills, game rules and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Shin guards are required. (No class 5/26.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

5-6 yrs Beginners

RP6702.701	Dayton Oaks ES	9-10 AM	Sa
RP6702.702	Deep Run ES	9-10 AM	Sa
RP6702.703	Forest Ridge ES	9-10 AM	Sa
RP6702.704	Hollifield Station ES	9-10 AM	Sa

6½ yrs Advanced - 8½ yrs Beginners

RP6703.701	Dayton Oaks ES	10:15-11:15 AM	Sa
RP6703.702	Deep Run ES	10:15-11:15 AM	Sa
RP6703.703	Forest Ridge ES	10:15-11:15 AM	Sa
RP6703.704	Hollifield Station ES	10:15-11:15 AM	Sa

8 yrs Advanced - 10 yrs

RP6704.701	Dayton Oaks ES	11:30 AM-12:30 PM	Sa
RP6704.702	Deep Run ES	11:30 AM-12:30 PM	Sa
RP6704.703	Forest Ridge ES	11:30 AM-12:30 PM	Sa
RP6704.704	Hollifield Station ES	11:30 AM-12:30 PM	Sa

Softball**Adult Leagues (18 yrs +)****Fall Softball Leagues****Ages below / 7 wks, start dates below / \$700 per team**

Games will be played as doubleheaders for a 14-game season. Fee includes umpires, game balls, awards, league administration, field reservation fee, sanction fees and lights. Games begin the week of August 12 and will be played at Cedar Lane, Centennial and Rockburn Parks. Complete copy of rules: hcrpsports.com. Register by July 20. Information: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

Men D-1 Division / County Pks

RP5730.101	Aug 12	Su
RP5730.102	Aug 13	M
RP5730.103	Aug 14	Tu
RP5730.104	Aug 15	W
RP5730.105	Aug 16	Th
RP5730.106	Aug 17	F
RP5730.107	Aug 13	M (50 yrs+)

Women Division / County Pks

RP5730.108	Aug 14	Tu
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Co-Rec D-1 Division / County Pks

RP5730.111	Aug 13	M
RP5730.112	Aug 15	W
RP5730.113	Aug 16	Th
RP5730.114	Aug 17	F

Co-Rec Recreational Division / County Pks

RP5730.115	Aug 13	M
RP5730.116	Aug 15	W
RP5730.117	Aug 16	Th
RP5730.118	Aug 17	F

Early Bird Softball Tournament**18 yrs + / Mar 31 / \$240 per team**

Register your team by March 23 for this Three Game Guarantee Tournament. Games are on March 31 at county parks. The tournament will provide 3 approved balls to each team before the tournament. Additional balls may be purchased at the tournament site for \$5 each. Information: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP5731.701	(Men)	Cedar Lane Pk
RP5731.702	Co-Rec	Cedar Lane Pk

Softball 55 yrs +**55 yrs + / 39 wks starting Apr 7 / \$22**

Interested in playing slow pitch softball on Saturdays? If so, why not join this informal group for pickup games at Centennial Park North? Information: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP6730.701	Centennial Pk - North Area Time(TBD)	Sa
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Spring Break Camps**Youth (5-15 yrs)****Junior Golf****8-14 yrs / 3 days starting Apr 2 / \$95**

Learn the fundamentals of how to play the game, including the swing, basic rules and etiquette. Play on the course the last day. No equipment or experience necessary. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP7324.701	Timbers at Troy Golf Course	8:30-11 AM	M-W
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Jr. Development Tennis with Shantha Chandra**7-13 yrs / 4 days starting Apr 2 / \$77**

Have fun while developing beginner and intermediate tennis skills. Quick Start tennis format is used to play games and enjoy the fun of competition with players of the same skill level. Makeup rain day is Saturday. (No camp 4/3.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP7012.701	Centennial Pk West	9-11 AM	M, W, Th, F
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Jr. USA Team Tennis with Shantha Chandra

10-15 yrs / 4 days starting Apr 2 / \$77

Advanced beginners and intermediate players can have fun finessing their ground strokes, serving, scoring and then playing matches. Makeup rain day is Saturday. (No camp 4/3.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP7015.701 Centennial Pk West 11:15 AM-1:15 PM M, W, Th, F

U. K. Elite Spring Break Soccer Camp

5-14 yrs / 4 days starting Apr 2 / \$80

Brush up on your soccer skills with U.K. Elite Soccer's professional British trainers in this four day camp. Trainers will use their "Global Curriculum" to take your child around the soccer world in four days. Learn skills from Brazil, France, Holland, Spain, Italy, Britain and the U.S.A., using teaching methods upon which U.K. Elite built its reputation. The daily schedule includes highly stimulating, maximum activity, practices and games, ending in a mini-World Cup tournament. Curriculum is focused on improving every player, regardless of age and ability, and highlights the enjoyment of the game. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Derek Ludlow, 410-313-4716 or dludlow@howardcountymd.gov.

RP7705.701 Cedar Lane Park 9 AM-noon M-Th

Volleyball Academy

9-14 yrs / 4 days starting Apr 2 / \$95

Practice makes perfect! This four day camp is designed for beginner/intermediate players who enjoy the exciting sport and want to learn more. Players will improve existing skills and develop new ones. The lessons will emphasize sportsmanship, technique and hard work in a team atmosphere. Learn skills such as passing, hitting, setting and serving. Instruction is provided by Ofer Levy and staff, volleyball officials and coaches from the area. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

RP7892.701 Meadowbrook Ath Comp 1-4 PM M-Th

Ultimate Sports & Games Camp

8-13 yrs / 1 wk starting Apr 2 / \$149

Do you want to have the ULTIMATE spring break camp experience? Using the games approach, you will develop your skills in basketball, flag football, kickball, lacrosse, touch rugby, wiffle ball, soccer, floor hockey, tennis, disc games and much more in this co-rec camp. Campers rotate in age and skill-appropriate groups. The focus is on having fun, staying fit, building character and boosting self-esteem. Instructors are American Sport Education Program certified coaches. Camp runs rain or shine. Fee includes a t-shirt. An extended camp option is available (See RP7005.701 below). Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP7001.701 Meadowbrook Ath Comp 9 AM-3 PM M-F

Ultimate Sports & Games Extended Camp

8-13 yrs / 1 wk starting Apr 2 / \$89

Extend your day at Spring Break Camp. After-camp care includes a variety of sports, games and other group activities. Campers must be enrolled in Ultimate Sports and Games Spring Break Camp, RP7001.701. Camp runs rain or shine. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP7005.701 Meadowbrook Ath Comp 3-6 PM M-F

36-S Spring/Summer 2012

School's Out Sports Camp

8-13 yrs / Dates below / \$57

School is out and we're open for play! You will develop your skills in five of the following sports: basketball, soccer, tennis, court hockey, flag football, touch rugby, lacrosse or volleyball. An emphasis will be placed on game play, teamwork and sportsmanship. The Meadowbrook Athletic Complex is a fantastic new facility offering the finest playing conditions around. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

Meadowbrook Ath Comp

RP7007.701 Apr 26 8:30 AM-6 PM Th

RP7007.702 May 18 8:30 AM-6 PM F

School's Out Junior Sports Camp

5-7 yrs / Dates below / \$31

School is out and we're open for play! Young athletes will develop their skills in three of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or court hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

Meadowbrook Ath Comp

RP7008.701 Apr 26 8:30 AM-12:30 PM Th

RP7008.702 May 18 8:30 AM-12:30 PM F

Tennis

Youth (3-18 yrs)

Play Time Tennis with Shantha Chandra

3-6 yrs / 6 classes, start dates below / \$62

Come learn tennis and have fun with others while working on balance, agility and reaction time. Bring a junior-sized racquet (19", 21" or 23"). Weekday classes will have a rain makeup on Fridays. Saturday classes will have a rain makeup on Sunday afternoons. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East -Tennis Ct

3-5 yrs

RP6847.701 Apr 11 9:30-10:15 AM M & W

RP6847.711 May 2 9:30-10:15 AM M & W

4-6 yrs

RP6847.702 Apr 10 1-1:45 PM Tu & Th

RP6847.703 Apr 11 10:15-11 AM M & W

RP6847.704 Apr 13 4:45-5:30 PM F

RP6847.705 Apr 14 8:15-9 AM Sa

RP6847.712 May 1 1-1:45 PM Tu & Th

RP6847.713 May 2 10:15-11 AM M & W

RP6847.714 May 26 8:15-9 AM Sa

To register, visit howardcountymd.gov/RAP or call 410-313-PARK (410-313-7275)

Kiddie Tennis

5-7 yrs / 6 wks, start dates below / \$44

Have fun while you learn and practice basic tennis skills in this program taught by USTA-trained coaches. Classes include a variety of enjoyable drills and exciting games. Meet at the tennis courts. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6870.701	Atholton ES	Apr 16	5:15-6:15 PM	M
RP6870.702	Lisbon ES	Apr 17	4:30-5:30 PM	Tu
RP6870.703	Dayton Oaks ES	Apr 18	4:45-5:45 PM	W
RP6870.704	Deep Run ES	Apr 18	5:15-6:15 PM	W
RP6870.705	Thunder Hill ES	Apr 19	5:15-6:15 PM	Th

QuickStart Junior Team Tennis

5-8 yrs / 5 wks, start dates below / \$115

QuickStart (QS) team tennis is a new way for kids 10 and under to experience team tennis. The court size, racquet, balls, net height and scoring system have been scaled down, to ease kids' entry into match play tennis. Prerequisite: minimum of one session of Tennis for Everyone. Parent volunteers are encouraged to participate. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Meet at the Location's Tennis Courts

RP6853.801	Centennial Pk West	Jun 26	5-6 PM	Tu
RP6853.802	River Hill HS	Jun 29	5:30-6:30 PM	F

10 & Under Tennis with Shantha Chandra

6-10 yrs / 6 classes, start dates & prices below

Drills, games, instruction and QuickStart tennis techniques designed by the USTA are used for beginning players to learn tennis fundamentals, balance and coordination skills. Bring a junior-size racquet (23" to 25"). Saturday classes will have a rain makeup on Sunday afternoons. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East -Tennis Ct

6-8 yrs

RP6840.701	Apr 11	5:45-7 PM	M & W	\$73
RP6840.702	Apr 14	9-10 AM	Sa	\$57
RP6840.711	May 2	5:45-7 PM	M & W	\$73
RP6840.712	May 26	9-10 AM	Sa	\$57

9-10 yrs

RP6840.703	Apr 11	4:30-5:45 PM	M & W	\$73
RP6840.704	Apr 14	10-11 AM	Sa	\$57
RP6840.713	May 2	4:30-5:45 PM	M & W	\$73
RP6840.714	May 26	10-11 AM	Sa	\$57

Parent-Child Tennis with Shantha Chandra

7-12 yrs / 6 classes, start dates below / \$85 per pair

Parents and children can learn how to work together to develop and improve tennis skills. The same parent should attend each week for consistency in learning. Rain makeup is Sunday afternoon. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East -Tennis Ct

RP6842.701	Apr 14	12:15-1:15 PM	Sa
RP6842.711	May 26	12:15-1:15 PM	Sa

After-School Tennis

8-10 yrs / 6 wks, start dates below / \$44

Have fun while you learn the basics or fine-tune your skills in this program taught by USTA trained coaches. Classes include a variety of drills and games, as well as an introduction to match play. Meet in front of school office; coaches will escort players to tennis courts. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6871.701	Atholton ES	Apr 16	4:05-5:05 PM	M
RP6871.702	Lisbon ES	Apr 17	3:20-4:20 PM	Tu
RP6871.703	Dayton Oaks ES	Apr 18	3:35-4:35 PM	W
RP6871.704	Deep Run ES	Apr 18	4:05-5:05 PM	W
RP6871.705	Thunder Hill ES	Apr 19	4:05-5:05 PM	Th

Tennis Excellence, Beginner Level

8-10 yrs / 6 or 12 classes, start dates & prices below

Interested in a fun-filled tennis experience? This introductory class will use QuickStart tennis nets to reduce the court size and make learning easier and more enjoyable. Learn the forehand, the backhand, volleys, serving and scoring. Weekly games and drills will help teach basic skills and create an exciting environment. Rain makeups added to the end of season, except at Hammond Pk location. (Wednesday is their rain makeup date.) Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

12 classes / Hammond Pk / \$91

RP6859.701	Apr 10	5:15-6:15 PM	Tu & Th
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6 classes / Centennial Pk West / \$66

RP6859.702	Apr 14	11:15 AM-12:30 PM	Sa
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Tennis Elite, Advanced Beginner Level

10-13 yrs / 6 wks starting Apr 10 / \$91

Designed for advanced beginners already able to consistently hit the ball over the net and serve from the service line. Includes refresher drills to help improve all facets of your child's game. Incorporates match play (singles and doubles) against the other sites during final three weeks of class. Wednesday will be the rain makeup date. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6860.701	Hammond Pk	6:30-7:30 PM	Tu & Th
RP6860.702	Centennial Pk West	6:30-7:30 PM	Tu & Th
RP6860.703	Rockburn Pk	6:30-7:30 PM	Tu & Th

Junior USA Team Tennis with Shantha Chandra

10-14 yrs / 6 classes, start dates below / \$81

Advanced beginner and intermediate players can refresh basic ground strokes, volleys, lobs, baseline serving and scoring; then enjoy match play tennis. Rain makeup is on Sunday afternoons. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East -Tennis Ct

RP6849.701	Apr 14	1:15-2:45 PM	Sa
RP6849.711	May 26	1:15-2:45 PM	Sa

Tennis Lessons with Shantha Chandra

11-14 yrs / 6 classes, start dates below / \$57

Students will learn and improve their basic skills in a group and with match play. Advanced beginners will learn consistent stroke production, base line serving and volleys. Saturday classes will have a rain makeup on Sunday afternoons. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East -Tennis Ct

RP6841.701	Apr 10	6-7 PM	Tu & Th
RP6841.702	Apr 11	7-8 PM	M & W
RP6841.703	Apr 14	11 AM-noon	Sa
RP6841.712	May 2	7-8 PM	M & W
RP6841.713	May 26	11 AM-noon	Sa

Friday Team Tennis/Match Play

11-18 yrs / 6 classes starting Apr 13 / \$81

Players should have fairly consistent strokes with medium pace shots, be able to rally and serve from baseline, as well as keep score. Players must have some knowledge of volleys and lobs. Teams will be decided and each team will play matches against other teams. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

RP6858.701 Cedar Lane Pk - East Tennis Ct 5:30-7 PM F

High School Development Team Tennis with Shantha Chandra

13-18 yrs / 6 classes, start dates below / \$81

Advanced beginners and intermediate players can improve basic skills, including volleys, serving, scoring and ground strokes. Participate in match play against players of similar ability. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East -Tennis Ct

RP6855.701	Apr 10	4:30-6 PM	Tu & Th
RP6855.702	May 1	4:30-6 PM	Tu & Th

New! Tennis Essentials

14-18 yrs / 8 classes, start dates below / \$99

Want to make the high school team or improve your position? This beginner level tennis program will prepare you with the tennis skills you need for match play tennis. Learn how to hit forehands, backhands, serving, volleying and scoring. Instructor is Mike Brinsko. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Centennial Pk West -Tennis Ct

RP6863.701	Apr 14	12:45-1:45 PM	Sa
RP6863.702	Apr 14	1:50-2:50 PM	Sa
RP6863.801	Jun 16	11:30 AM-12:30 PM	Sa
RP6863.802	Jun 16	12:35-1:35 PM	Sa

Tennis for Everyone

5-18 yrs / 5 wks, start dates & prices below

Join professionally trained instructors from Baltimore Tennis Patrons (BTP) for fun, friends, fitness, action packed instruction and play! Players are grouped according to ability. QuickStart (QS) play format beginner programs are a fun, totally new way for kids to start playing and enjoying tennis with ease. With QS, the court size, racket size, balls, net height and scoring system have been adjusted to match your child's age and stature. QS Junior Advanced Beginner play format is a fun, new way for kids to play and improve tennis skills effortlessly. BTP coaches are USTA QS trained. Junior Beginner programs (non QS) feature the games-based approach to learning and applying the fundamentals in play situations. Junior Intermediate is a class for those who mastered the basics and want to fine-tune skills, develop sound tactics with lots of play, get a good workout, compete and improve. Loaner racquets available. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

All Levels: Meet at the Location's Tennis Courts

5-8 yrs / QS Junior Beginner / \$68

RP6850.801	Centennial Pk West	Jun 26	6-6:45 PM	Tu
RP6850.802	River Hill HS	Jun 29	6:30-7:15 PM	F

8-10 yrs / QS Junior Adv Beginner / \$77

RP6850.803	River Hill HS	Jun 29	7:15-8:15 PM	F
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6-14 yrs / Junior Beginner / 1 day, \$99 / 2 days, \$138

RP6850.804	River Hill HS	Jun 28	5:30-7 PM	Th
RP6850.805	Centennial Pk West	Jun 25	5:30-7 PM	M & W
RP6850.806	Cedar Lane Pk East	Jun 26	7-8:30 PM	Tu & Th

11-18 yrs / Junior Intermediate / 1 day, \$99 / 2 days, \$138

RP6850.807	Centennial Pk West	Jun 25	7-8:30 PM	M & W
RP6850.808	Centennial Pk West	Jun 28	5:30-7 PM	Th
RP6850.809	River Hill HS	Jun 26	5:30-7 PM	Tu

Cardio Tennis for Kids

5-14 yrs / 5 wks, start dates & prices below

Professionally trained instructors from Baltimore Tennis Patrons introduce you to Cardio Tennis for Kids, two blockbuster new ways to introduce your child to tennis! Each practice features an action-based group warm up, cardio and cool down followed by the QuickStart (QS) tennis play format. Let the games begin! Cardio and QS Tennis is a new format to help kids learn and play the game effortlessly with user-friendly and reduced-size equipment. This is a great new way for your child to get a great work-out and burn calories! Loaner racquets available. Pedometers are available. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

All Levels: Meet at the Location's Tennis Courts

5-8 yrs / Cardio + QS Beginner / \$92

RP6851.801	Centennial Pk West	Jun 29	6-7:30 PM	F
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5-10 yrs / Cardio + QS Beginner / Advanced Beginner / \$92

RP6851.802	River Hill HS	Jun 28	7-8:30 PM	Th
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6-14 yrs / Cardio Junior Beginner / \$85

RP6851.803	Centennial Pk West	Jun 29	7:30-8:30 PM	F
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Adult (18 yrs +)



Mom's Tennis Swings with Shantha Chandra

18 yrs + / 2 wks, start dates below / \$71

Learn the basics or fine-tune your game. Lessons include drills and match play. No babysitting available. Rain makeup is Friday. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East - Tennis Courts

Beginner / Advanced Beginner

RP6848.701	Apr 10	11:30 AM-1 PM	Tu & Th
RP6848.702	Apr 11	11 AM-12:30 PM	M & W
RP6848.703	Apr 24	11:30 AM-1 PM	Tu & Th
RP6848.704	Apr 25	11 AM-12:30 PM	M & W
RP6848.705	May 8	11:30 AM-1 PM	Tu & Th
RP6848.706	May 9	11 AM-12:30 PM	M & W
RP6848.707	May 22	11:30 AM-1 PM	Tu & Th
RP6848.708	May 23	11 AM-12:30 PM	M & W

Intermediate / Advanced

RP6848.709	Apr 10	10-11:30 AM	Tu & Th
RP6848.710	Apr 24	10-11:30 AM	Tu & Th
RP6848.711	May 8	10-11:30 AM	Tu & Th
RP6848.712	May 22	10-11:30 AM	Tu & Th

Sunday Swings

18 yrs + / 4 classes, start dates below / \$71

Beginners to advanced players can enjoy learning and improving tennis skills through drills, small-group games and match play. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Cedar Lane Pk East - Tennis Courts

Beginner & Advanced Beginner

RP6844.701	Apr 15	12-1:30 PM	Su
RP6844.702	May 13	12-1:30 PM	Su
RP6844.801	Jun 17	12-1:30 PM	Su

Intermediate

RP6844.711	Apr 15	10:30 AM-noon	Su
RP6844.712	May 13	10:30 AM-noon	Su
RP6844.811	Jun 17	10:30 AM-noon	Su

Advanced

RP6844.721	Apr 15	9-10:30 AM	Su
RP6844.722	May 13	9-10:30 AM	Su
RP6844.821	Jun 17	9-10:30 AM	Su

Tennis Lessons with Hirsh Goldberg

18 yrs + / 4 wks, start dates below / \$72

Whether you are just starting out or looking to fine tune your skills, we have the program for you. This small group lesson is filled with drills and match play. Beginners will focus on learning the basic strokes and techniques of tennis, including the grip, how to hit a forehand, backhand, how to serve and volley plus movement and timing. Advanced Beginner will improve on already existing skills by working on consistency and ball placement. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Centennial Pk West - Tennis Courts

Beginner

RP6843.701	Apr 14	9-10 AM	Sa
RP6843.801	Jun 2	9-10 AM	Sa

Advanced Beginner

RP6843.702	Apr 14	10-11 AM	Sa
RP6843.802	Jun 2	10-11 AM	Sa

Tennis for Everyone

18 yrs + / 5 wks, start dates and prices below

Join professionally trained instructors from the Baltimore Tennis Patrons for fun, friends, fitness and action packed instruction and play. Players are grouped according to ability. Beginners and Advanced. Beginners use the games-based approach to learning the basics in play situations. Get ready for instant fun, learning and exercise! Intermediate Cardio is heart pumping fitness! Cardio tennis is a group activity featuring drills to give you an ultimate high energy workout. Cardio includes a warm-up, cardio workout and a cool down. Loaner racquets and heart monitors are available. Information: Tessa Hurd, 410-313-4637 or thurd@howardcountymd.gov.

Centennial Pk West - Tennis Ct

Beginner & Advanced Beginner / \$99

RP6852.801	Jun 26	6:45-8:15 PM	Tu
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Intermediate Cardio / \$92

RP6852.811	Jun 28	7-8:30 PM	Th
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50+ Tennis

50 yrs + / 30 wks starting Apr 10 / \$22

Advanced beginners through intermediate players can pair up to play doubles or singles, if court time permits, through October 30. Programs move to Savage Park and Meadowbrook Park from June 19 through August 9. Information: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP7846.701 Centennial Pk - West Tennis Ct 1 8-11 AM Tu & Th

Track & Field

Track & Field Club

8-14 yrs / 5 wks, start dates below / \$89

Come and join the club! A variety of teaching and coaching techniques will enhance your track and field skills. The focus of the program will be a teaching progression that will encourage participation and promote a positive experience. Expanded field events will be offered this spring. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Adam Cullison, 410-313-4705 or acullison@howardcountymd.gov.

RP6953.701	Centennial HS	Apr 23	6:30-8 PM	M & W
RP6953.702	Long Reach HS	Apr 24	6:30-8 PM	Tu & Th

Hershey Track & Field Meet

9-14 yrs / Jun 3 / \$5, preregistration ends at noon, Fri, Jun 1; \$7, on-site registration

This recreational track and field meet, for boys and girls, includes running events, the standing long jump and the softball throw. Compete in a maximum of three events (two running and one field event or two field and one running event). Awards will be presented to the top athletes in each event age group. Within each age group, boys will compete with boys, and girls will compete with girls. Preregistration guarantees a t-shirt. Age determination date is December 31, 2012. Rain date: June 10, 2012. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

Long Reach HS / 11 AM-5 PM / Su

Boys 9-10 yrs

RP6950.701	50 Meter	RP6950.704	400 Meter
RP6950.702	100 Meter	RP6950.705	Standing Long Jump
RP6950.703	200 Meter	RP6950.706	Softball Throw

Boys 11-12 yrs

RP6951.701	100 Meter	RP6951.704	800 Meter
RP6951.702	200 Meter	RP6951.705	Standing Long Jump
RP6951.703	400 Meter	RP6951.706	Softball Throw

Boys 13-14 yrs

RP6952.701	100 Meter	RP6952.705	Standing Long Jump
RP6952.702	200 Meter	RP6952.706	Softball Throw
RP6952.704	800 Meter	RP6952.707	1600 Meter

Long Reach HS / 11 AM-5 PM / Su

Girls 9-10 yrs

RP6950.711	50 Meter	RP6950.714	400 Meter
RP6950.712	100 Meter	RP6950.715	Standing Long Jump
RP6950.713	200 Meter	RP6950.716	Softball Throw

Girls 11-12 yrs

RP6951.711	100 Meter	RP6951.714	800 Meter
RP6951.712	200 Meter	RP6951.715	Standing Long Jump
RP6951.713	400 Meter	RP6951.716	Softball Throw

Girls 13-14 yrs

RP6952.711	100 Meter	RP6952.715	Standing Long Jump
RP6952.712	200 Meter	RP6952.716	Softball Throw
RP6952.714	800 Meter	RP6952.717	1600 Meter

Ultimate Disc

Youth Ultimate Disc League

6-17 yrs / 8 wks, start dates below / \$64, *\$34 Head Coach's child

What is Ultimate? It's a non-contact team sport that combines elements of soccer, football and basketball into one fast-paced game. Played with a disc, everyone is a quarterback and a receiver. As part of each session, develop skills and learn game concepts through drills, games and activities in an instructional/clinic environment. Participate in games each week and end the season with a playoff style tournament. Coaches may move participants up or down depending on skill level. Volunteer head coaches are needed and receive a discount. Fee includes shirt, award and playoffs. End-of-season tournament will be held on Saturday, July 28 at Cedar Lane West Park. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information:

Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Hollified Station ES

6-10 yrs

RP6101.801	Jun 6	7-8:30 PM	W
RP6101.802*	Jun 6	7-8:30 PM	W

11-14 yrs

RP6101.811	Jun 7	7-8:30 PM	Th
RP6101.812*	Jun 7	7-8:30 PM	Th

15-17 yrs

RP6101.821	Jun 6	7-8:30 PM	W
RP6101.822*	Jun 6	7-8:30 PM	W

Volleyball

Youth Classes (6-18 yrs)

New! Junior Volleyball Training

6-8 yrs / 6 wks starting Apr 16 / \$70

Children can learn and develop the fundamental skills of volleyball in a fun and encouraging environment. The curriculum and equipment are geared towards a younger age group and will assist in motor development, foot-work training, individual skills and team play. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

RP5892.731 N Laurel Comm Ctr 5-6 PM M

Volleyball Skills Development

Ages below / 8 wks, start dates below / \$125

Practice makes perfect! This program is designed for beginner players who enjoy this exciting sport and want to learn the basics. Individual players will develop new skills and improve on existing ones. The lessons will emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn skills such as passing, hitting, setting and serving. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

9-10 yrs

RP5892.701	N Laurel Comm Ctr	Apr 16	6-7:30 PM	M
RP5892.702	Gary J Arthur Comm Ctr	Apr 18	6-7:30 PM	W
RP5892.703	Meadowbrook Ath Comp	Apr 19	6-7:30 PM	Th

11-14 yrs

RP5892.711	N Laurel Comm Ctr	Apr 16	7:30-9 PM	M
RP5892.712	Gary J Arthur Comm Ctr	Apr 18	7:30-9 PM	W
RP5892.713	Meadowbrook Ath Comp	Apr 19	7:30-9 PM	Th

15-18 yrs

RP5892.721	Meadowbrook Ath Comp	Apr 17	6-7:30 PM	Tu
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New! Volleyball Performance Workshop

10-15 yrs / 3 wks starting Mar 27 / \$140

Instruction provided by Coach Mike Bossom, Goucher College's Head Volleyball Coach. Players will have fun while learning new skills, playing scrimmages and preparing for the spring season. Instruction includes passing, setting, serving, hitting and blocking, the basics of team play, offense and defense. Prerequisite: Players must have participated in the

Volleyball Skills Development class. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

RP5892.641 Meadowbrook Ath Comp 6-8 PM Tu & Th

Volleyball Preseason Training

Grades 9-12 / 4 wks starting Jul 17 / \$199

Get ready for try-outs and make the team by training with us! Athletes will go through training sessions that cover all the skills and provide the most extensive and well-rounded training experience. Training will vary from specific individual skills, competitive game drills and exclusive conditioning sessions provided by Axis Sport Performance. Fee includes a t-shirt, instruction and conditioning. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

RP5894.801 Meadowbrook Ath Comp 7-8 PM, Tu & 6-8 PM, Th

Youth Leagues (10-18 yrs)

New! Summer Sizzler Volleyball League

Ages below / 6 wks, start dates & prices below

Don't want to stop playing? Join us for an exciting summer league! This league was designed for players who just want to play; instruction is limited and basic volleyball skills are required. Individual players will be placed on teams formed by the League Coordinator; team registrations are accepted (no more than 10 players per roster). Teams will have two practices and 5 scheduled matches; practices and matches will last one hour on the designated night at Meadowbrook Athletic Complex. Fee includes a team shirt. *Children of volunteer head coaches receive a discount; register in section 802/812. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Information: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

10-14 yrs – Meadowbrook Ath Comp / Register by Jun 22, League starts Jul 9 / 6-9 PM

RP5891.801	Individual	M	\$99
RP5891.802*	Individual*	M	\$55
RP5891.803	Teams	M	\$550

15-18 yrs – Meadowbrook Ath Comp / Register by Jun 22, League starts Jul 11 / 6-9 PM

RP5891.811	Individual	W	\$99
RP5891.812*	Individual*	W	\$55
RP5891.813	Teams	W	\$550

Meadowbrook Volleyball League

11-14 yrs / 8 wks starting Apr 15 / \$129, *\$60 Head Coach's child

Experience the excitement and gain the skills necessary to enjoy this popular Olympic sport. Players will be placed on teams formed by the League Coordinator. Practice is once per week on either Tuesday or Thursday and 1-hour matches are on Sundays. This program is designed for intermediate/advanced players that want to enhance existing skills and develop new ones. Fee includes a team shirt. *Children of volunteer head coaches receive a discount; register in section 702. Read concussion information on page 16-S. Review of this information is required by law before you are allowed to register for sports programs. Register by Apr 5. Information: Julija Sajauskas,

410-313-2765 or jsajauskas@howardcountymd.gov.

Centennial HS / Meadowbrook Ath Comp

RP5891.701 1-4 PM Su

RP5891.702* 1-4 PM Su

Adult (18 yrs +)

Volleyball Leagues

18 yrs + / 8 wks + playoffs, start dates below / \$220

Join the volleyball craze! The volleyball leagues play 6-on-6, with rosters consisting of up to 12 players. Schedule includes 8 matches and all teams participate in post-season playoffs. Fee includes schedule, facility, awards and administration. Teams are required to pay game official fees on the court at each match. Register by March 30; register by March 16 to receive a 10% discount. Information or if you are an individual looking for a team: Julija Sajauskas, 410-313-2765 or jsajauskas@howardcountymd.gov.

Co-Rec

RP5890.703	Centennial HS	Apr 15	4-11 PM	Su
RP5890.704	N Laurel Comm Ctr	Apr 16	6-9 PM	M

Drop-In Co-Rec Volleyball

Ages below / 5 wks, start dates below / \$24

Join fellow athletes from various ability levels for volleyball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff help form balanced teams. Driver's license needed for admission. Choose the "Get Active Package" (see page ??) to save money and participate in additional athletic opportunities. Note: Some gyms may be canceled by the third meeting due to insufficient registration or low attendance. Information: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP6901.701	Burleigh Manor MS	Apr 16	8-10 PM	M
RP6901.702	Burleigh Manor MS	Apr 12	8-10 PM	Th
RP6901.703	Forest Ridge ES	Apr 11	8-10 PM	W
RP6901.704	Rockburn ES	Apr 10	8-10PM	Tu

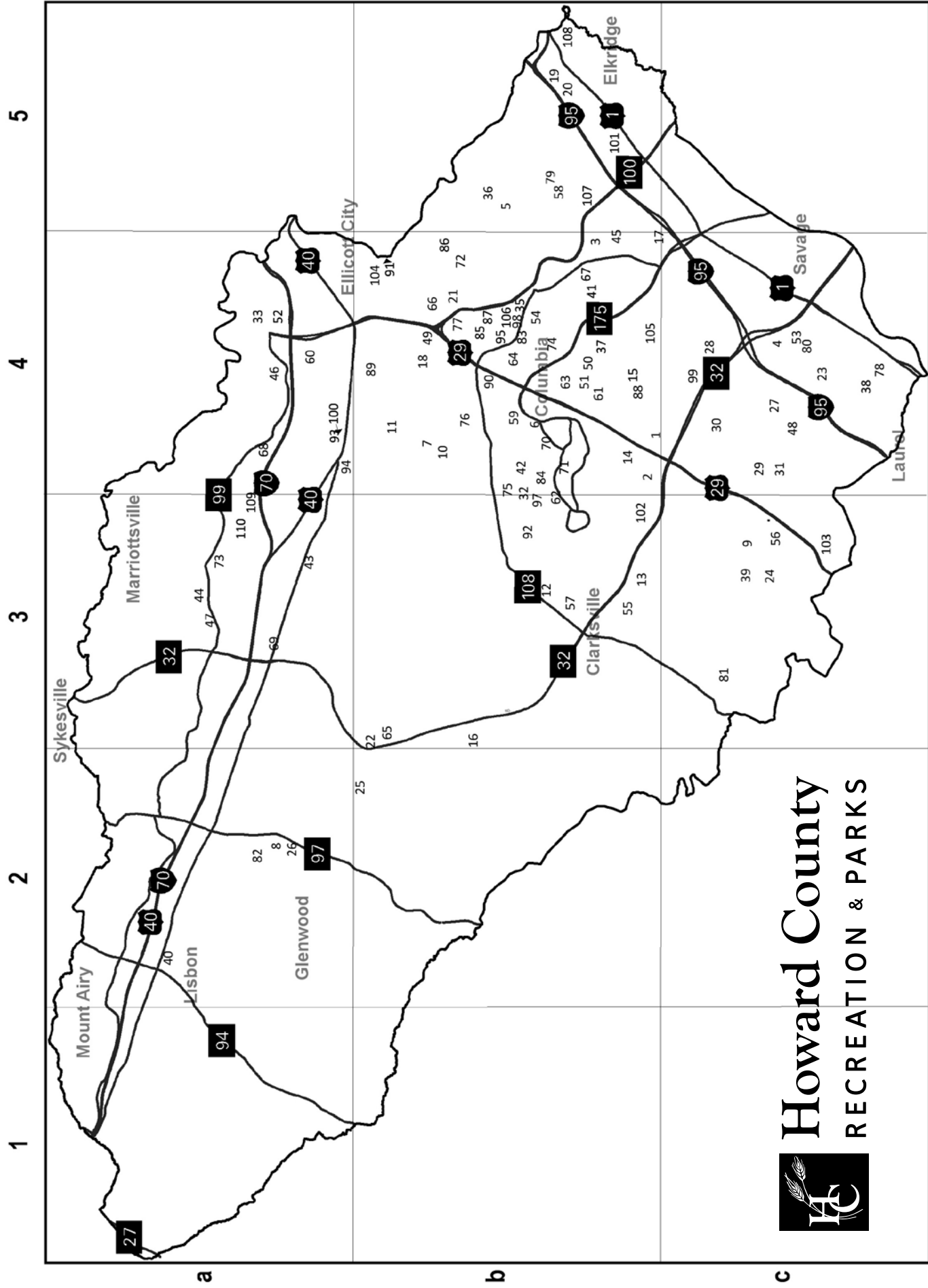
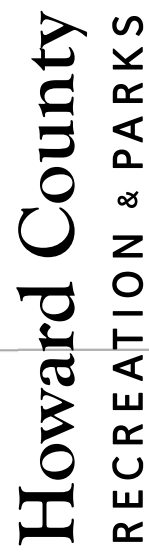
Adult (55 yrs +)

Co-Rec Volleyball

55 yrs + / Start dates & prices below

Men and women are invited to drop in for some fun and exercise in this co-recreational program. The program will meet two times per week at the Meadowbrook Athletic Complex. There is a one time registration each year. The fee is determined by what season you register in. Information: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP5592.701	Apr 5	10:30 AM-12:30 PM	Tu & F	\$57
RP5592.801	Jul 5	10:30 AM-12:30 PM	Tu & F	\$38
RP5592.101	Oct 4	10:30 AM-12:30 PM	Tu & F	\$19



Program Locations

Schools

Atholton ES	1 (b-4)
Atholton HS	2 (b-4)
Bellows Spring ES	3 (b-4)
Bollman Bridge ES	4 (c-4)
Bonnie Branch MS	5 (b-5)
Bryant Woods ES	6 (b-4)
Burleigh Manor MS	7 (b-4)
Bushy Park ES	8 (a-2)
Cedar Lane School	9 (c-3)
Centennial HS	10 (b-4)
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Clarksville ES	12 (b-3)
Clarksville MS	13 (b-3)
Clemens Crossing ES	14 (b-4)
Cradlerock ES (now Elkhorn MS)	15 (b-4)
Dayton Oaks ES	16 (b-3)
Deep Run ES	17 (c-4)
Dunloggin MS	18 (b-4)
Elkridge ES	19 (b-5)
Elkridge Landing MS	20 (b-5)
Ellicott Mills MS	21 (b-4)
Folly Quarter MS	22 (b-3)
Forest Ridge ES	23 (c-4)
Fulton ES	24 (c-3)
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Glenwood MS	26 (a-2)
Gorman Crossing ES	27 (c-4)
Guilford ES	28 (c-4)
Hammond ES	29 (c-4)
Hammond HS	30 (c-4)
Hammond MS	31 (c-4)
Harpers Choice MS	32 (b-3)
Hollifield Station ES	33 (a-4)
Homewood School	34 (b-3)
Howard HS	35 (b-4)
Ilchester ES	36 (b-5)
Jeffers Hill ES	37 (b-4)
Laurel Woods ES	38 (c-4)
Lime Kiln MS	39 (c-3)
Lisbon ES	40 (a-2)
Long Reach HS	41 (b-4)
Longfellow ES	42 (b-4)

Manor Woods ES	43 (a-3)
Marriotts Ridge HS	44 (a-3)
Mayfield Woods MS	45 (b-4)
Mt. Hebron HS	46 (a-4)
Mount View MS	47 (a-3)
Murray Hill MS	48 (c-4)
Northfield ES	49 (b-4)
Oakland Mills HS	50 (b-4)
Oakland Mills MS	51 (b-4)
Patapsco MS	52 (a-4)
Patuxent Valley MS	53 (c-4)
Phelps Luck ES	54 (b-4)
Pointers Run ES	55 (b-3)
Reservoir HS	56 (c-3)
River Hill HS	57 (b-3)
Rockburn ES	58 (b-5)
Running Brook ES	59 (b-4)
St. John's Lane ES	60 (a-4)
Stevens Forest ES	61 (b-4)
Swansfield ES	62 (b-3)
Talbot Springs ES	63 (b-4)
Thunder Hill ES	64 (b-4)
Triadelphia Ridge ES	65 (b-3)
Veterans ES	66 (b-4)
Waterloo ES	67 (b-4)
Waverly ES	68 (a-4)
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Wilde Lake HS	70 (b-4)
Wilde Lake MS	71 (b-4)
Worthington ES	72 (b-4)

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Alpha Ridge Park	73 (a-3)
Blandair Park	74 (b-4)
Cedar Lane Park	75 (b-4)
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Savage Park	80 (c-4)
Schooley Mill Park	81 (c-3)
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Axis Sports Facility	83 (b-4)
Bain Center	84 (b-4)
Cedar Lane Rec Ctr	75 (b-4)
Columbia Gymnastics	85 (b-4)
Dance Connections, Inc.	86 (b-4)
Drama Learning Ctr	87 (b-4)
East Columbia Library	88 (b-4)
Ellicott City Sr Ctr	89 (b-4)
Fairway Hills Golf Course	90 (b-4)
Gary J. Arthur Comm Ctr @ Glenwood	82 (a-2)
Historic Ellicott City	91 (b-4)
Hobbitts Glen Golf Course	92 (b-3)
Kinetics Dance Theatre	93 (a-4)
Kiwanis-Wallas Hall	94 (a-4)
Let There Be Rock School	95 (b-4)
Long Gate Park & Ride	96 (b-4)
Meadowbrook Athletic Complex	77 (b-4)
Misako Ballet Studio	97 (b-3)
North Laurel Comm Ctr	78 (c-4)
Olenka School of Music	
Columbia	99 (c-4)
Ellicott City	100 (a-4)
Pfeiffer's Corner Schoolhouse	79 (b-5)
Pump It Up – Elkridge	101 (b-5)
Robinson Nature Ctr	102 (b-3)
Rocky Gorge Golf Course	103 (c-3)
Roger Carter Rec Ctr	104 (b-4)
Studio Inspire	105 (b-4)
Synergy Fitness	106 (b-4)
Timbers at Troy Golf Course	107 (b-5)
Volleyball/Soccer House	108 (b-5)
Waverly Woods Golf Course	109 (a-3)
Waverly Mansion	110 (a-3)

For additional locations and driving directions, please visit www.howardcountymd.gov/Directions.htm.

Who to Call

General Information

Phone: 410-313-4700 (8 AM-5 PM, M-F)
TTY: 410-313-4665
FAX: 410-313-4660
www.howardcountymd.gov/RAP

Administration

Director
John Byrd 410-313-4640
Chief, Recreation & Administrative Services Bureau
Laura Wetherald 410-313-4640
Chief, Parks & Program Services Bureau
John Marshall 410-313-4640
Chief, Capital Projects & Park Planning Division
Raul Delerme 410-313-4685

Park Operations

General Information 410-313-4647
Superintendent
Jennifer DeArme 410-313-4647
Park Field Permits 410-313-4736
Park Pavilion Rental 410-313-4682
Heritage Programs
Jacquelyn Galke, Coordinator 410-313-5131

Recreation Services

Superintendent
Phil Bryan 410-313-1668
Early Childhood & Youth Programs
(non-sport): Preschool Activities, Arts, Cooking, Dance, Etiquette, Music, etc.
Adam Wienckowski, Manager 410-313-4714
Melissa Calleri 410-313-4721
Cindy Ochs 410-313-4681
Adult Programs: Arts, Crafts & Music, Cooking, Dance & Enrichment, Lifelong Learning
Danielle Bassett 410-313-4634
Teen & Grant Programs
Holly Harden, Manager 410-313-4625
Shawnté Berry 410-313-4704
Jennene Lausier 410-313-1693
Volunteers
Ann Combs, Coordinator 410-313-4624

Registration

Christine Ramsburg, Manager 410-313-7275
(How to register, see page 3-R)

Recreational Licensed Child Care & Community Services

General Information 410-313-3706
Superintendent
Barbara Moore 410-313-4723
Joynel Young, Manager 410-313-4717

Claudia Charity 410-313-4636
Julia Martin 410-313-1687
Brian Murphy 410-313-4797
Shavon Gordon 410-313-4633
Glen Turner 410-313-4713
Stephanie Wise 410-313-4712

Adults 55+ Programs: Arts, Crafts, Dance & General Activities
Cathy Vigus, Manager 410-313-7311
Cindy Saathoff 410-313-7281

Trips & Tours
Ginny Russ 410-313-7279

Therapeutic Recreation, Inclusion & Accommodation Services
Susan Potts, Manager 410-313-4628
Amy Patton 410-313-4708

Sports & Adventure Services

Superintendent
Allan Harden 410-313-4652
Adventure, Nature & Outdoors
Dawn Thomas, Manager 410-313-4623
Matt Medicus 410-313-4719

Community Sports
Michael Milani, Manager 410-313-4706
Jacob Chesnutt 410-313-4736
Will Dunmore 410-313-1697
Sandra Lambert 410-313-4715
Jean Shea 410-313-4626
Brian Wyman 410-313-1689

Adult Leagues
Mark Pendleton, Manager 410-313-4703

Youth Leagues
Matthew Knoerlein, Manager 410-313-1163
Pat McGinnis 410-313-1162
Sandra Lambert 410-313-4715
Derek Ludlow 410-313-4716
Julija Sajauskas 410-313-2765
Susan Markovitz 410-313-4674

Aquatics, Fitness, Martial Arts, Instructional Sports & Wellness
Nicola Morgal, Manager 410-313-4718

Instructional Team Sports
Adam Cullison 410-313-4705

Martial Arts & Preschool Sports
Pam Honaker 410-313-1694

Aquatics
Carson Nickell 410-313-4720

Lifetime / Individual Sports
Tessa Hurd 410-313-4637

Sports Events / Campaigns
Mike Blevins, Manager 410-313-1691
Will Dunmore 410-313-1697

Gary J. Arthur Community Ctr at Glenwood

General Information 410-313-4840
Recorded Information/Inclement Weather 410-313-4452

Kiwanis-Wallas Hall

General Information 410-313-7311

Meadowbrook Athletic Complex

General Information 410-313-1161
Recorded Information/Inclement Weather 410-313-4452

North Laurel Community Ctr

General Information 410-313-0390
Recorded Info/Incl. Weather 410-313-4452

Robinson Nature Ctr

General Information 410-313-0400

Roger Carter Recreation Ctr

General Information 410-313-2764

Timbers at Troy Golf Course

..... 410-313-4653

Waverly Mansion

..... 410-437-5711

Inclement Weather Hotlines

Programs (Events, Trips, Selected Sports*, Outdoor Rec, Child Care & Therapeutic Rec) 410-313-4451
Gary J Arthur Comm Ctr,
Kiwanis-Wallas Hall,
Meadowbrook Athletic Complex &
Roger Carter Rec Ctr 410-313-4452
Fields*
All School Fields 410-313-6827
Alpha Ridge,
Western Regional 410-313-4372
Cedar Lane 410-313-4453
Centennial 410-313-4454
Cypressmede & Hollifield 410-313-4457
Dayton Oaks Parks &
Schooley Mill 410-313-4458
Dickinson, Hammond, Hawthorn,
Huntington & Martin Road 410-313-4459
East Columbia Library, Guilford &
Savage 410-313-2727
Howard County Center for the Arts,
Rockburn Branch, Waterloo &
Worthington Off-Leash 410-313-4455
Meadowbrook Park 410-313-2727

**Regardless of field status, some programs run, while others cancel. Check your player letter and schedule for the number to call for your program.*

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